

**Youth Rebounding Drills • Offensive Rebounding Drills
Aggression Building Drills • Defensive Rebounding Drills**

53

**Basketball
Rebounding Drills**

Joe and Jeff Haefner

BREAKTHROUGHBASKETBALL.COM

53 Basketball Rebounding Drills and Games

BreakthroughBasketball.com

By Jeff and Joe Haefner

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Skill Codes for Each Drill

Here's an explanation of the codes associated with each drill. Most of the drills build a variety of rebounding skills, so we used codes to signify the skills that each drill will develop. Use the table of contents below and this key to find the drills that fit your needs.









- Y = Youth
- AG = Aggression
- TH = Timing and Getting Hands Up
- BX = Boxing out
- SC = Securing / Chinning the Ball
- OT = Outlet
- BB = Beating the Box Out (Swim, Spin, etc)
- CA = Conditioning / Athletic Development
- OP = Offensive Put Backs
- TP = Tipping

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Key to Diagrams

	Offensive Player
	Defensive Player
	Basketball
	Cutting or Moving without the Ball
	Passing the Ball
	Dribbling the Ball
	Setting a Screen
	Shooting the Ball

Timing & Conditioning Drills

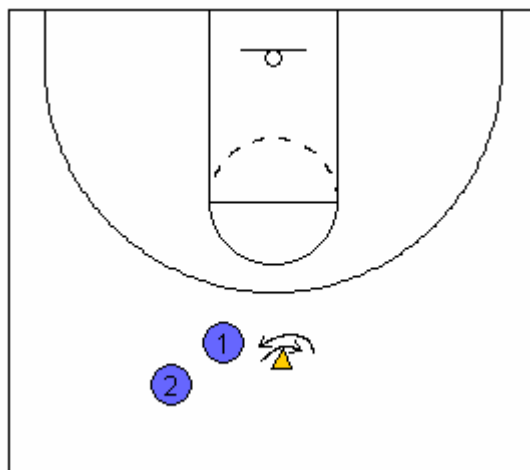
Cone Jumping

Purpose:

(Y, CA) This drill is useful for developing endurance and quickness.

Instructions:

1. Divide the team into pairs, giving each pair a cone.
2. The first player in the pair stands behind the cone, with the other player sitting out of the way.
3. On your whistle, the first player has 30 seconds to quickly jump over the cone, front to back and vice versa.
4. Once time has expired, the next player takes his or her turn, jumping front to back for 30 seconds.
5. The next jump is over the cone from side to side for 30 seconds, with each player taking his or her turn.
6. Next, each player takes a turn jumping over the cone, either side to side or front to back, on his or her right foot for 30 seconds.
7. Finally, each player takes a turn jumping over the cone, either side to side or front to back, on his or her left foot for 30 seconds.



Teaching Tip:

- **It is important to teach players how to jump and land before including a cone!**
- Vary the size of the cone depending on the age and/or ability level of the players.
- If your focus would be on quickness and explosiveness, try doing shorter time spans such as 5 to 10 seconds.

Variations:

- Make this drill more fun by adding a competitive element. Have each pair keep track of their combined number of jumps. The pair with the highest numbers in each category wins.

Bounce it!

Purpose:

(Y, CA, TH) Use this drill with beginning rebounders in order to develop proper hand eye coordination and rebounding the ball at the highest point.

Instructions:

1. Each player is given a basketball.
2. The player begins by bouncing the ball on the floor and catching it at eye level, continuously for 1 minute.
3. After time has expired, the player bounces the ball above his or her head and catches it at the highest possible point, again, for 1 minute.

Teaching Tip:

- Shorten or lengthen the amount of time given for players to bounce and catch the ball based on your team's age and/or experience level.

Bounce it! (With Partner)

Purpose:

(Y, CA, TH) This partner drill is used to develop teamwork, hand eye coordination and rebounding the ball at the highest point.

Instructions:

1. Divide the team into pairs, giving each pair a ball.
2. One player begins by bouncing the ball at eye level to his or her partner, who then catches, secures the basketball and bounces it back.
3. The players are to continue bouncing the ball back and forth, gradually getting higher and higher, and catching it at the highest point.

Teaching Tip:

- Be sure that players are properly securing the ball once it is caught, keeping it above the waist and holding it with the pads of the fingers and NOT the palms.

Up Against the Wall

Purpose:

(Y, CA, TH, SC) The purpose of this drill is to work on explosiveness, hand eye coordination and properly securing the rebound.

Instructions:

1. Give each player a ball and instruct him or her to stand at arm length from the wall.
2. The player starts by softly tossing the ball against the wall.
3. He or she must then quickly catch the ball at the highest point and secure it under his or her chin.

Teaching Tips:

- Make sure that players are catching the basketball at the highest point and protecting the ball by securing it under the chin.

Variations:

- This drill can be done slowly for fundamental work or timed to develop an explosive jump.

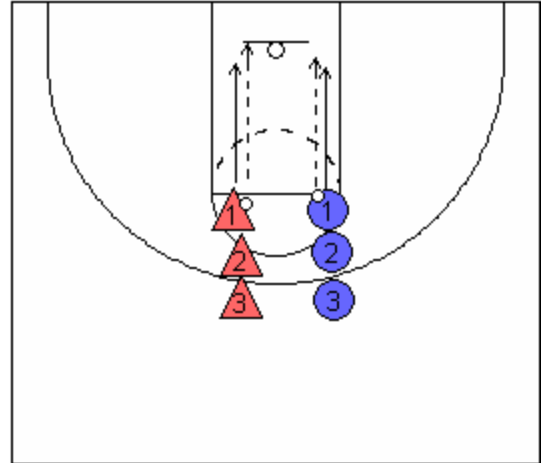
Backboard Rebounding

Purpose:

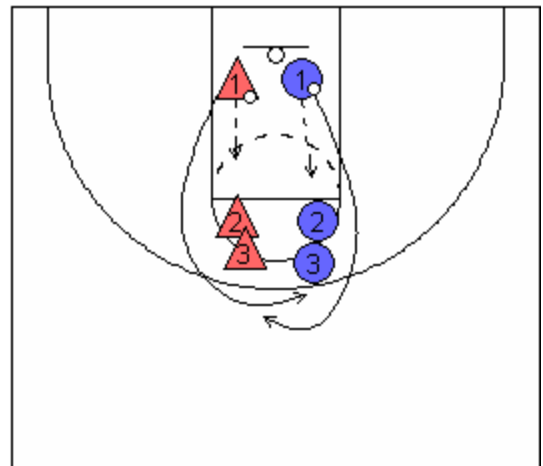
(Y, TH, CA, SC) This drill teaches young players how to rebound off of the backboard, how to grab the ball at it's highest point, and to securely "chin" the ball.

Instructions:

1. Start with the players in two equal lines at one end of the court, with one line on each side of the rim.
2. Give the first person in each line a ball.
3. The players each softly toss the ball off of the backboard and catch it at the highest point.



4. The player then secures the rebound, pivots to the outside and passes the ball to the next player in line.



Teaching Tips:

- It is important to stress that players get the ball at its highest point, chin the rebound with two hands and pivot to the outside.

Variations:

- To help develop explosiveness, the player can skip the pivot and repeatedly toss the ball off of the backboard a set number of times.

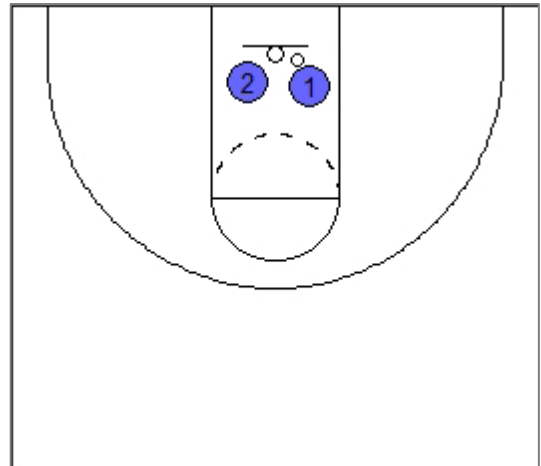
Volley Rebounding

Purpose:

(Y, TH, CA, SC) The purpose of this drill is to stress explosiveness, teamwork, and conditioning.

Instructions:

1. Start with two players standing under the basket on opposite sides of the rim.
2. Player 1 tosses the ball off of the backboard, over the rim to Player 2.
3. Player 2 catches the ball at the highest point, brings it down securely, and then tosses it off the backboard back to Player 1.
4. The players continue back and forth for 1 minute.



Teaching Tip:

- Watch to make sure that players are catching the ball with both hands, chinning it, and keeping it above the waist when landing.

Variations:

- For more advanced players, the ball must be caught and passed off of the backboard before the player's feet touch the ground.

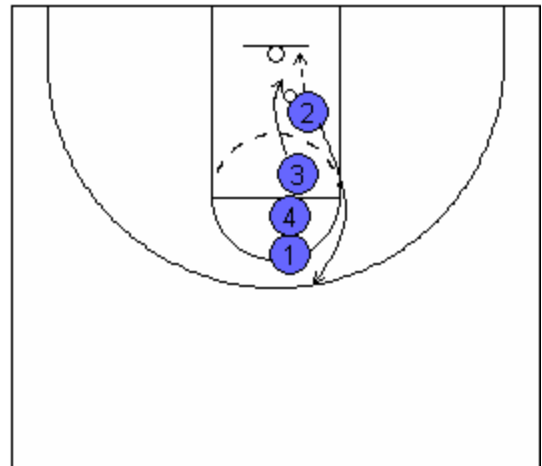
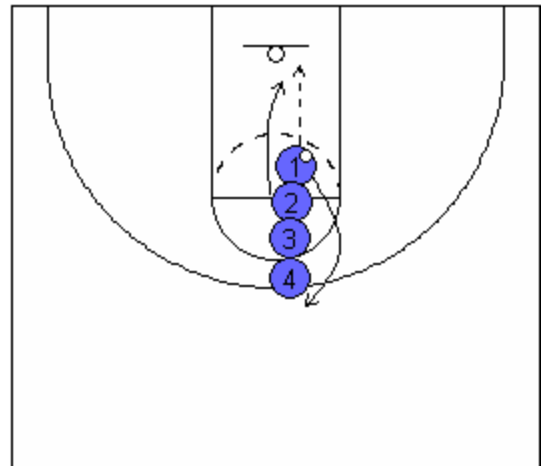
Follow the Leader

Purpose:

(Y, TH, CA, SC) This drill stresses hand eye coordination and catching the ball at the highest point. Team cooperation is also important for developing explosiveness.

Instructions:

1. Five players form a line beginning on the foul line. The first player in line has the basketball.
2. The first player tosses the ball off the backboard and goes to the end of the line.
3. The second player catches the ball in the air and comes down and chins the rebound.
4. The second player then throws the ball off the glass and returns to the end of the line.
5. The players continue down the line until each player has rebounded the ball at least 3 times.



Teaching Tip:

- Remind players to rebound the ball with two hands and to land in balance.

Variations:

- The drill can be done with two lines of five on either side of the rim on the same backboard as well.
- If you wish to work on explosiveness and timing, do not allow the players to land before passing the ball off the backboard.

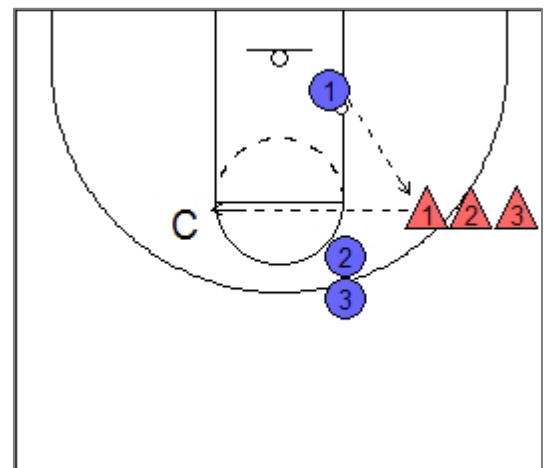
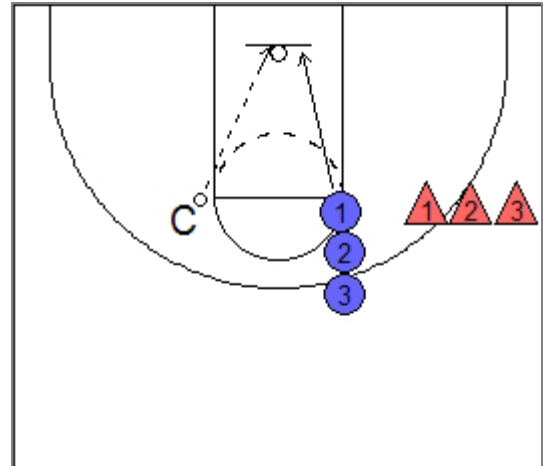
Rebound-Outlet

Purpose:

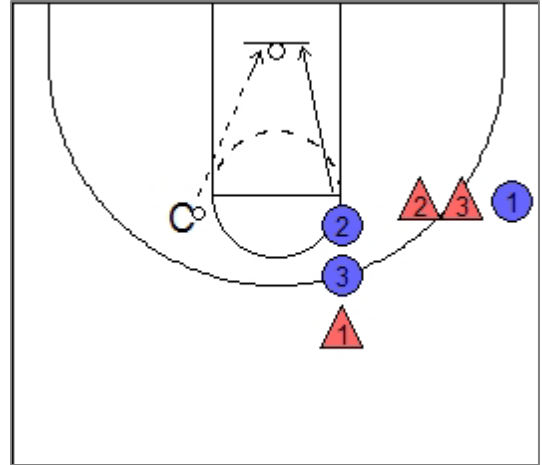
(Y, TH, SC, OT) This drill emphasizes going up for the ball with two hands and grabbing the rebound at the highest point. It also stresses securing the rebound by chinning the ball and pivoting to the outside to make a sound outlet pass.

Instructions:

1. Form two lines, one at the foul line elbow (rebounding line) and the other at foul line extended (outlet line).
2. Start by throwing the ball off of the near side backboard.
3. Player 1 in the rebounding line catches the rebound with two hands at the highest point and secures the ball by “chinning” it.
4. Player 1 then pivots to the outside and makes a two handed chest pass to the first player in the outlet line and follows the pass to the end of the outlet line.
5. The first person in the outlet line then passes the ball back to the coach and follows the pass to the end of the rebounding line.



- The drill continues until each player that started in the outlet line has rebounded the ball at least twice.



Teaching Tips:

- Stress the importance of rebounding with two hands and pivoting to the outside. The two-hand overhead pass can be used to outlet the ball as well.

Variations:

- To accommodate more players, add lines on the other elbow and foul line extended.

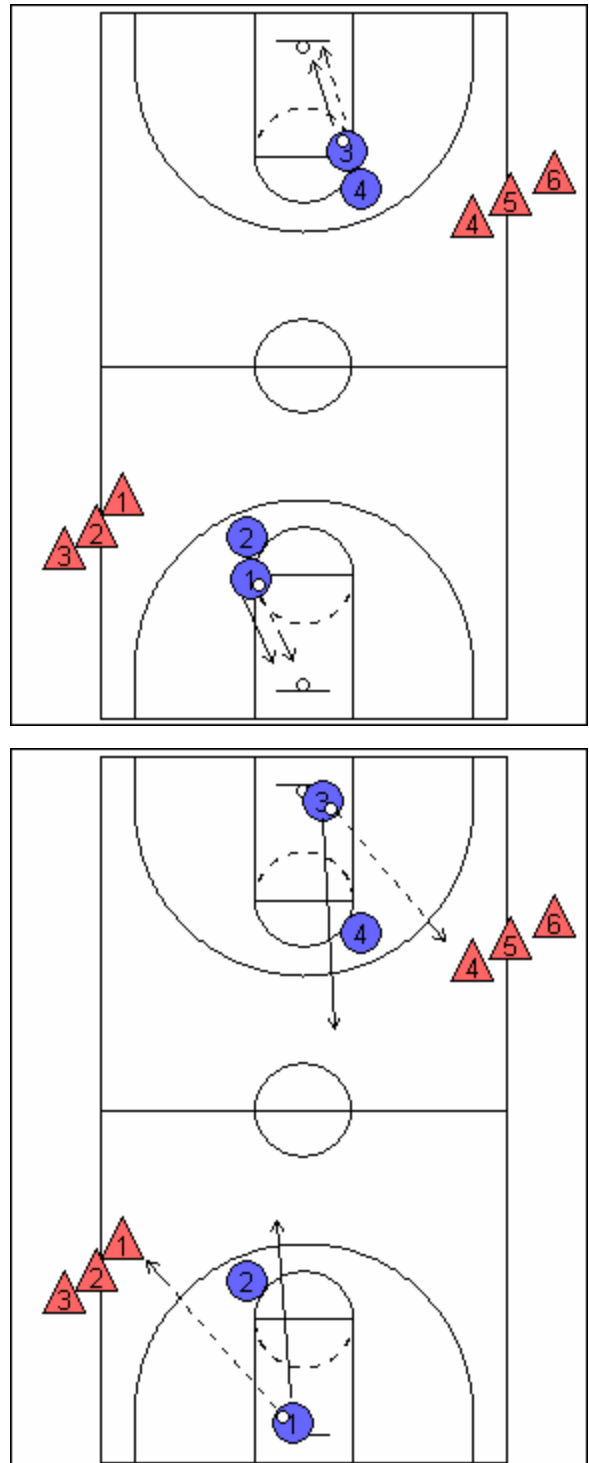
Rebound Outlet Layup

Purpose:

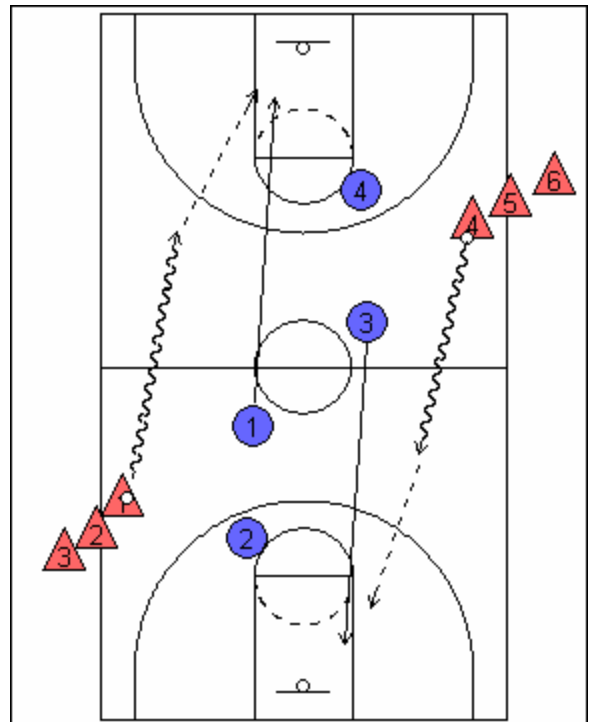
(Y, TH, SC, OT) This drill stresses the use of proper rebounding techniques when grabbing, securing, and outletting a rebounded ball. The drill also emphasizes proper techniques in leading a fast break.

Instructions:

1. Divide the team into two rebounding lines and two outlet lines with one of each on opposite ends of the court.
2. The first player in each rebounding line throws the ball off of the glass and grabs the rebound at the highest point.
3. The rebounder then pivots outside and makes a solid outlet pass to the first player in the outlet line and fills the lane for a lay-up attempt on the other end.



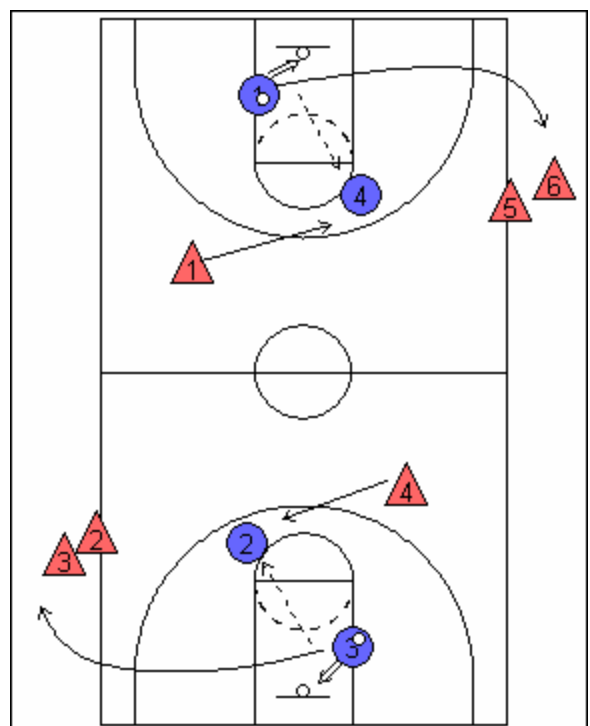
4. The player in the outlet line catches the pass, dribbles the ball down the court and passes it to the rebounder for a lay-up on the other end.



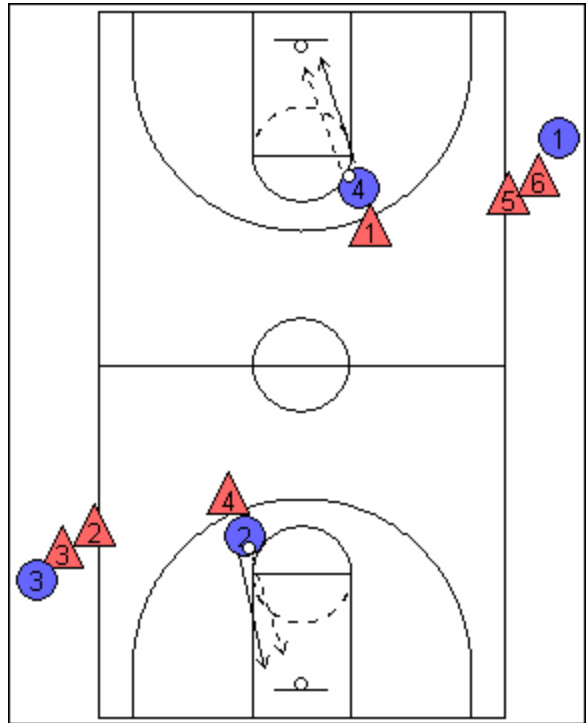
5. After the lay up, the players grab the rebound and passes to the next person in line.

The passers (Triangle Players 1 & 4) go to the end of the rebounding lines.

The rebounders (Circle Players 1 & 3) go to the end of the passing lines.



6. Players then switch lines on the other end of the court and repeat the drill.



Teaching Tips:

- Stress the importance of making a solid outlet pass and touching the sideline when filling the lane.
- The person who catches the outlet pass needs to take the ball to the middle and stop at the foul line when passing the ball.

Variations:

- Keep track of how many baskets are made and make a goal for a certain number of baskets in five minutes.

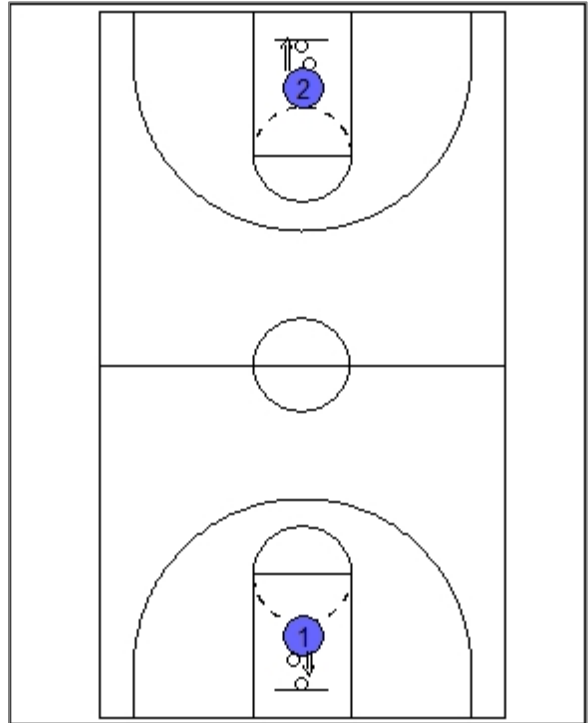
Power Up

Purpose:

(Y, TH, CA) This short drill stresses hand eye coordination, explosiveness and endurance, as well as simple put back shots around the basket.

Instructions:

1. Place one player at each basket standing three to four feet away from the hoop.
2. For one minute, each player attempts to make as many shots as possible.
3. The ball must not touch the ground and the player must shoot from the point that he or she catches the ball.



Teaching Tip:

- Remind players to use proper form when rebounding the ball and to explosively go up for the put back.

Variations:

- If necessary, you may allow for one dribble between shots.

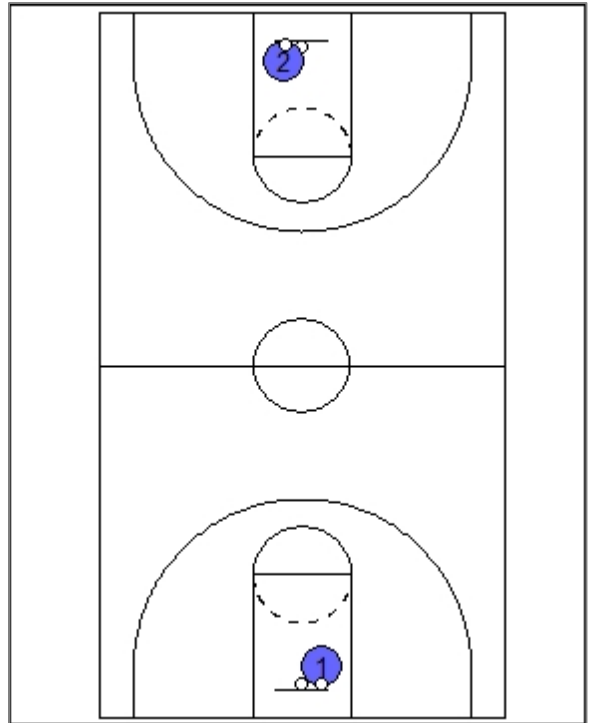
One Hand Tip Drill

Purpose:

(TH, CA, TP) This drill helps to develop hand eye coordination and explosiveness in players.

Instructions:

1. Start with one player under each basket, giving each player a ball.
2. On the whistle, all players are to throw the ball softly off of the backboard with the left hand and continuously tap it against the backboard for one minute.
3. Once time has expired, each player then uses the right hand to tip the ball against the backboard for one minute.



Teaching Tips:

- If necessary, put two players at each basket, with one on either side of the rim.

Variations:

- Make the drill competitive by having each player keep track of the number of tips he or she can do in a minute. The player with the highest number is the winner.

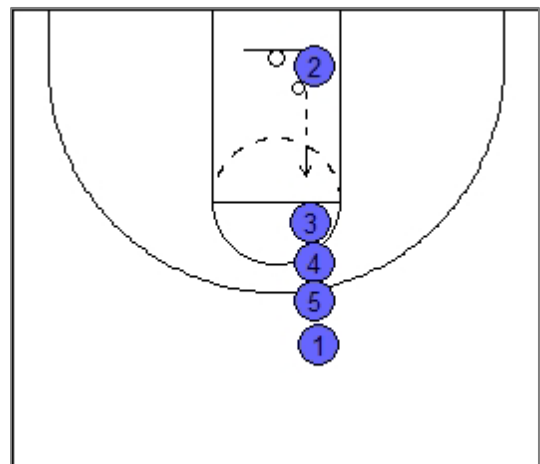
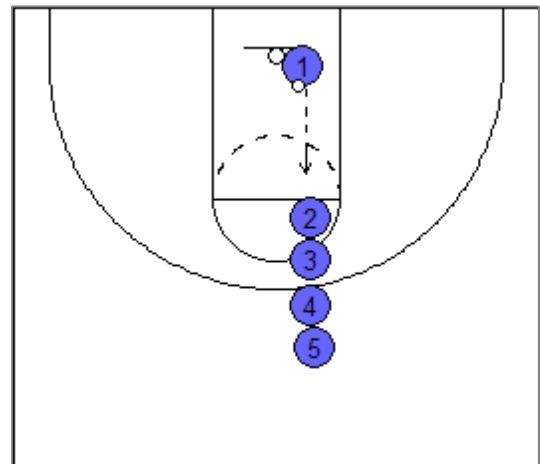
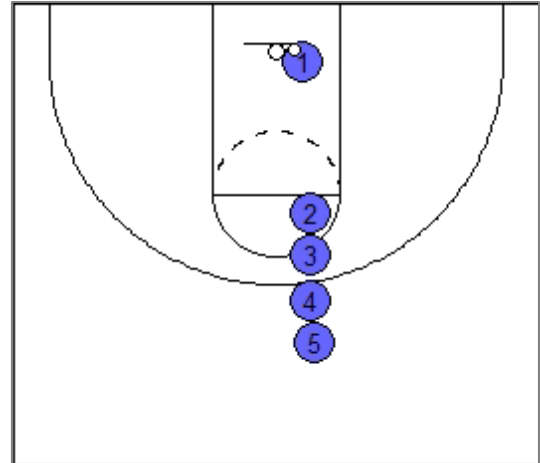
5 Tip Drill

Purpose:

(TH, CA, OT) This drill stresses hand eye coordination and explosiveness around the basket.

Instructions:

1. Have players line up at the elbow facing the basket.
2. The first player in line tips the ball off of the backboard five times.
3. On the fifth tip, the player grabs the rebound, passes the ball to the next person in line, closes out and defends the shot.
4. The second player in line shoots the ball, does five tips of their own and then grabs the rebound and passes to the next person in line.



Variations:

- If you wish to make the drill easier, allow the players to come down with the rebound five times instead of tipping the ball to themselves.

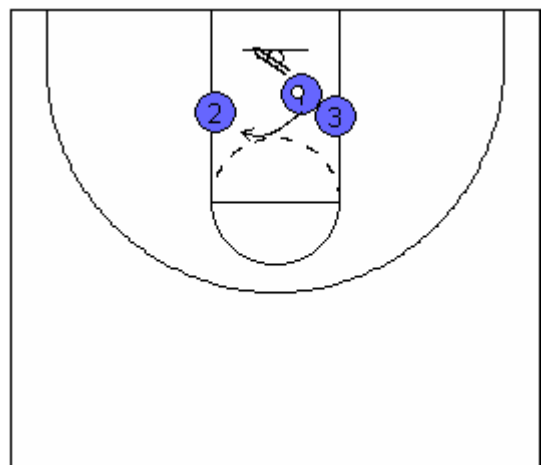
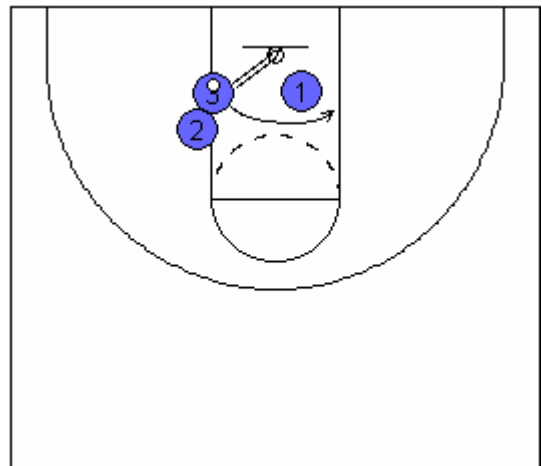
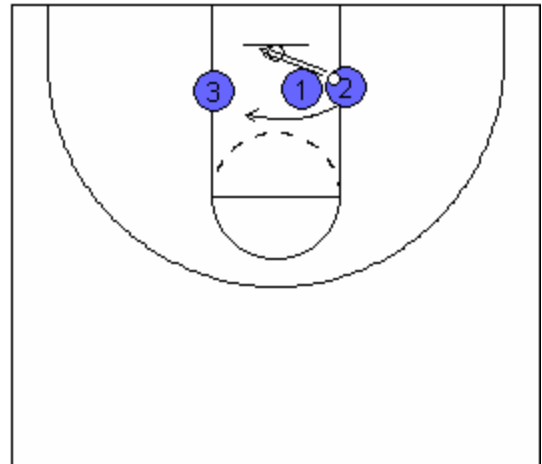
Weave Rebounding

Purpose:

(CA, TH) This drill focuses on timing, conditioning and explosiveness.

Instructions:

1. Three players stand under the basket with Player 1 under the rim, Player 2 on the right block and Player 3 on the left block.
2. Player 2 has the ball and tosses it over the rim to Player 3.
3. Player 3 tosses the ball over the backboard to Player 1 who has replaced Player 2.
4. Player 1 then passes the ball over the backboard to Player 2, who has replaced Player 3, creating a basic weave pattern.
5. The ball must be caught and tossed before the player hits the ground.



Teaching Tips:

- To make the drill competitive, have players count how many rebounds they can get in one minute.

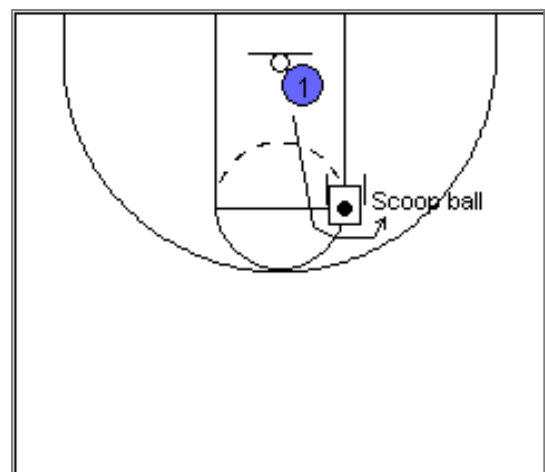
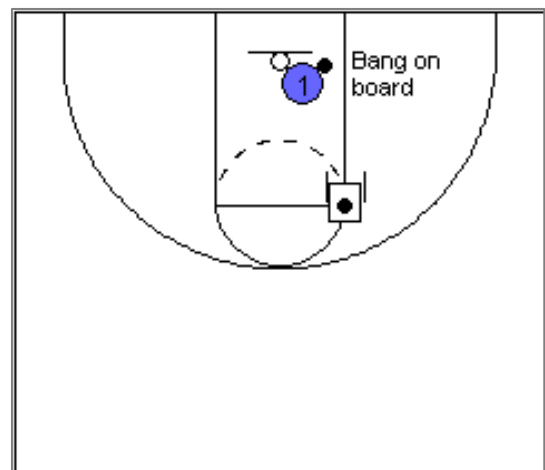
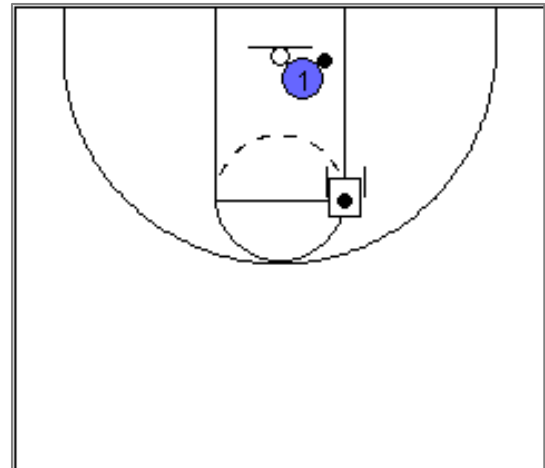
McHale Lay Ups

Purpose:

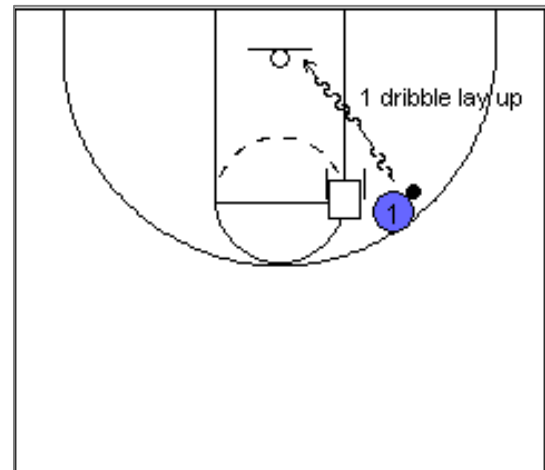
(TH, CA) Improves rebounding, change of direction, lay ups, and explosive jumping.

Instructions:

- Two balls are needed for this drill. Place a chair on the right elbow with a ball on the seat. Player has a second ball and starts on the right side of the backboard.
- Player jumps continuously and bangs the ball on the backboard 3 times. On the 4th jump, player puts the ball in the basket (after scoring, that ball goes out of play. If a coach or a 2nd player is available, he should pick up the ball. If not, let the ball roll out of play).
- Player then immediately cuts up the lane, inside the chair.
- Player cuts around the chair, scoops the 2nd ball off the chair.



5. Player drives for a 1 dribble layup.
6. Repeat the drill as many times as you feel necessary.
7. Take drill to the left side.



Teaching Tips:

- Get as high on the backboard as you can.
- Bang the ball on the board as hard as you can.
- Explode off the chair. The drive to the basket should be hard, as if the player has to go through the defense to score.
- Use as little rest as possible between repetitions. This drill is a great conditioner.

Variations:

- Increase number of backboard bangs
- Mandate a specific type of shot for the score (hook, dropstep, etc)
- Take a jump shot with the second ball instead of a layup.
- Back-peddle from the backboard to the chair.
- Cut outside the chair to the inside for shot.

Offensive Rebounding

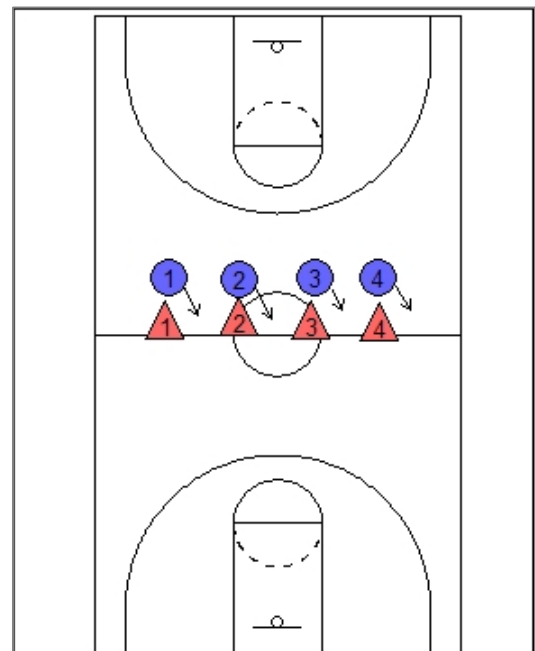
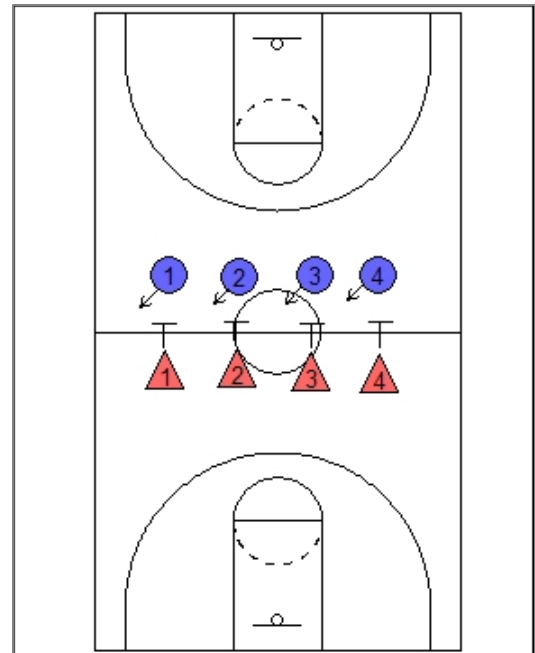
Reverse Pivot Technique

Purpose:

(BB) This drill is intended to build muscle memory applicable to establishing and beating box outs. In other words, it will help you get MORE offensive rebounds! It should be done as a form drill at three-quarters speed. This drill builds the muscle memory and economy of motion that are required when jostling for rebounding position.

Instructions:

1. Four offensive and four defensive players line up on opposite sides of the half-court line facing one another about six feet apart. On the coach's whistle, the defenders do a form box out while the offensive players make a jab-step to the right. The defenders should respond to the jab step by shifting the box out in that direction.
2. The offensive players then lift the left foot slightly and position it so that they maintain balance while performing a reverse pivot on it to establish a side by side position with the defenders. The reverse pivot should be explosive and executed with a low center of gravity. The right arm should be used to reinforce the pivot motion and should be raised to shoulder level at the end of the pivot. The defender and the offensive players should end up side by side facing the same direction.
3. The drill should be repeated using mirror principles in the opposite direction: The left foot will be the jab-step foot, the right foot will be raised slightly and positioned to accommodate an explosive reverse pivot, and the left arm should reinforce the pivot motion. Repeat the drill until all players have performed five reverse pivots in both directions.
4. The coach blows a third whistle to signal that the repetition is over. As a variation, you can follow the same sequence and practice the swim and phantom block out moves.



Teaching Tips:

- The jab-step needs to be convincing; weight on the leg and leaning while maintaining enough balance to rock back into the reverse pivot.
- The reverse pivot needs to be explosive, executed from a low center of gravity, and wide.
- Focus on proper form and footwork.

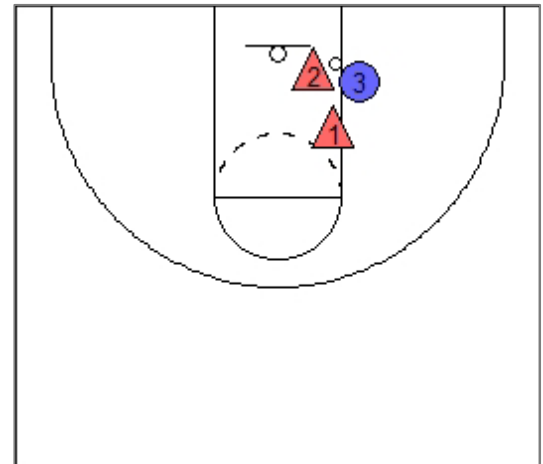
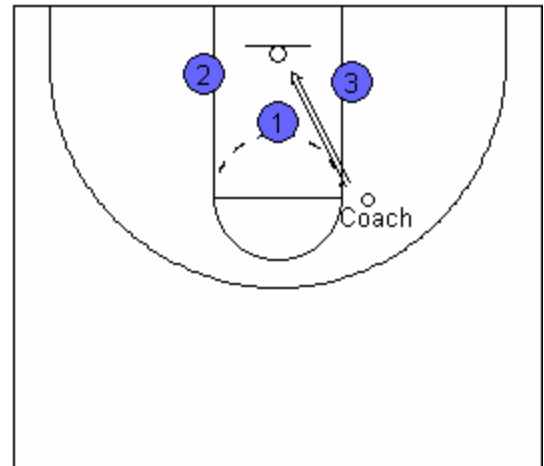
21 Rebounding

Purpose:

(AG, OP) This drill emphasizes following the flight of the ball, grabbing the ball at the highest point and putting the ball in the basket under duress.

Instructions:

1. Start with three players under one basket with the remaining team members standing on the baseline.
2. The coach stands at either elbow and shoots the ball.
3. The three players fight for the rebound.
4. The person that comes down with the ball must put the ball back into the basket. The other two players become defenders.
5. The drill continues until a rebounder puts the ball in the basket. The rebounder that scores gets out of the drill, while a new player comes in from the baseline.



Teaching Tip:

- This drill emphasizes getting an offensive rebound and going up strong with the putback, so allow the players to be physical.

Variation:

- To make the drill more competitive, have players keep track of how many baskets they make.
- Give each group a 30 second time limit to score a basket.

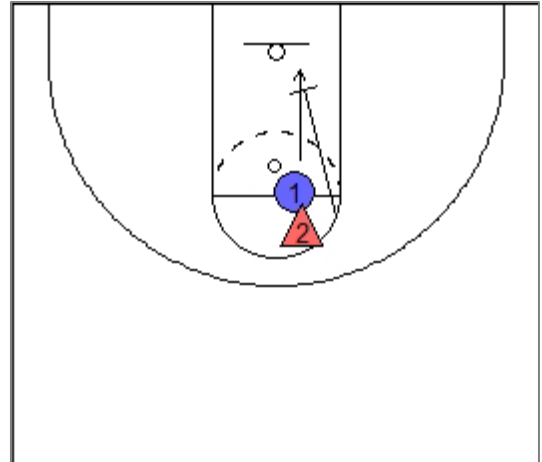
Two Person Pressure Rebounding

Purpose:

(TH, OP) This drill helps to improve players' ability to get an offensive rebound and put the ball back into the basket under pressure.

Instructions:

1. Two players stand on the free throw line, one behind the other. The first player in the line has the basketball.
2. Player 1 lightly throws the ball off of the backboard and explodes to get the basketball.
3. Player 2 applies pressure to Player 1 throughout the rebounding sequence.
4. Player 1 can go straight up or pump fake the defender and then make a power move.
5. After finishing the play, both players switch positions.



Teaching Tips:

- Encourage players to get the ball at the highest point and go up strong with the rebound.

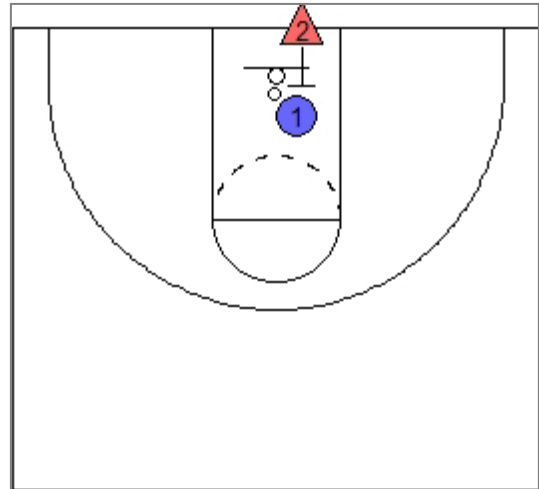
Muscle Up Drill

Purpose:

(TH, OP) This drill simulates rebounding in traffic and making shots under intense pressure.

Instructions:

1. Two players stand under the right side of the basket; one on the baseline and the other to the right of the basket.
2. The player under the basket (Player 1) throws the ball softly off of the backboard and grabs the rebound at the highest point.
3. On the toss, the player on the baseline (Player 2) steps onto the court and pressures Player 1 on the put back attempt.
4. Player 1 attempts to put the ball in the basket until he or she scores.



Teaching Tips:

- Make sure the rebounder works on fundamental moves, head and shoulder fakes and pivoting. This is an intense drill, so players should be physical.

Laker Shooting

Purpose:

(OP, TH) This drill helps to develop proper passing and shooting techniques, teaches players how to follow their shots and to put the ball back into the basket.

Instructions:

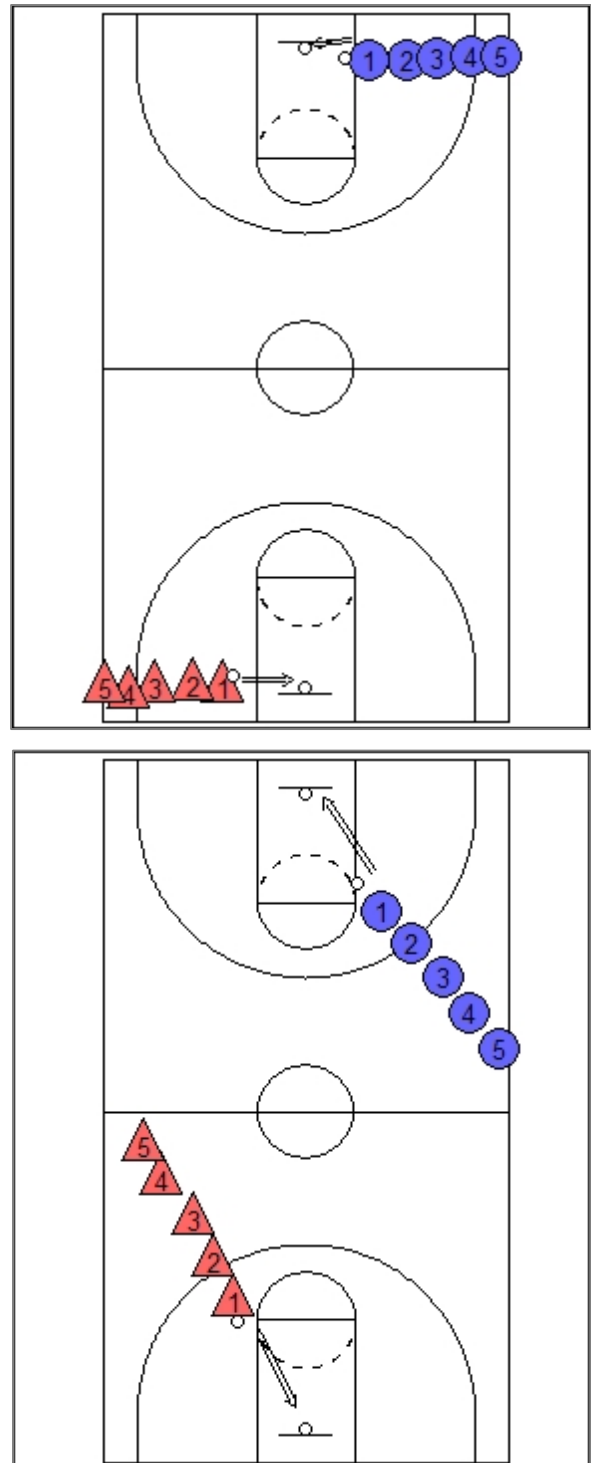
1. Begin the drill with two groups of five, standing in line at the baseline. Each group has one ball.
2. The first person in line shoots a baseline jump shot.
3. The shooter follows his or her shot. If it goes in, he or she passes the ball to the next person in line. If the shot misses, the shooter must try to catch the rebound before it hits the floor. If they can, they put the ball back in the basket.
4. After everyone in line attempts a shot at the first spot, the line then moves to another spot and begins again.
5. A jump shot is worth two points and a put back is worth one. Each team must keep a running tally. The team with the most points at the end of the drill wins.

Teaching Tips:

- Stress the importance of watching where the ball bounces off of the rim, as well as proper passing and shooting techniques.

Variations:

- Vary the difficulty of this drill by changing the spots from which players must shoot.



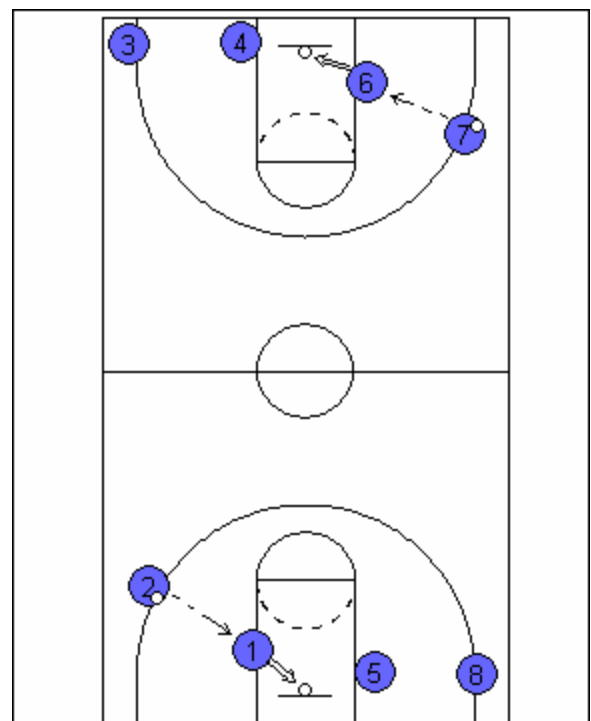
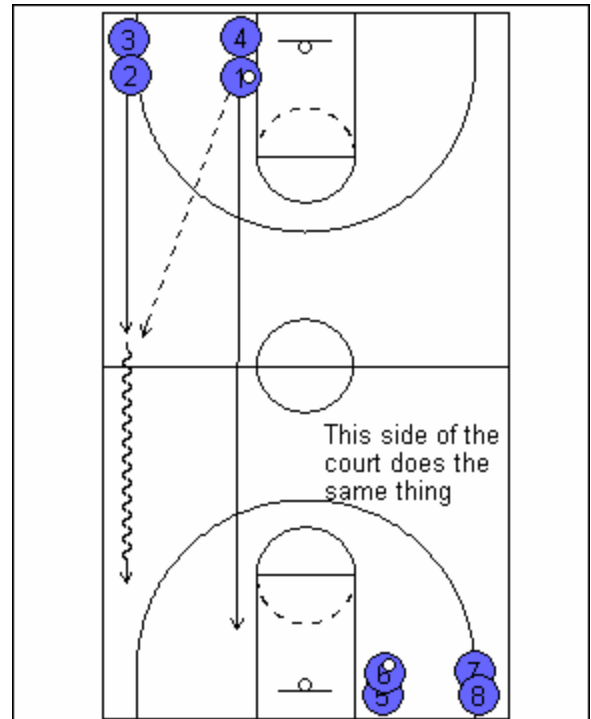
Outlet and Post

Purpose:

(TH, OT) The intent of this drill is to strengthen the play of the fast break, rebound, outlet pass, filling the post, entry pass, lay-up and 3-point shooting. It also is great for conditioning.

Instructions:

1. Players are to line up in two lines on both ends of the court.
2. On the whistle, the post player from each line throws the ball against the backboard, purposely missing, and grabs the rebound.
3. After the rebound is in the post players' hands, the guards break towards half-court and each call out, "Outlet, Outlet."
4. The post players throw the outlet pass to the guard and sprint towards filling their lanes at their corresponding baskets. Meanwhile, the guards, after receiving the pass, pivot and begin dribbling to their corresponding end of the court, at the wing position.
5. When the post player sees the guard arrive at the wing position, they are to fill the post.
6. The guard makes a pass into the post player, who then executes a post move or passes the ball back out to the guard. If the post player executes a post move, he takes a shot. If he passes back out to the guard, the guard shoots the 3-pointer.



Rotate Rebounding Drill

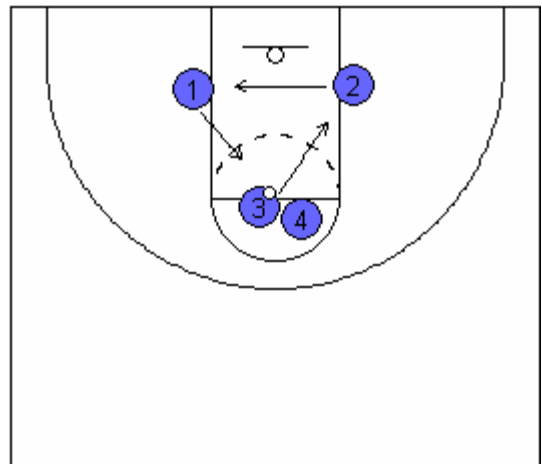
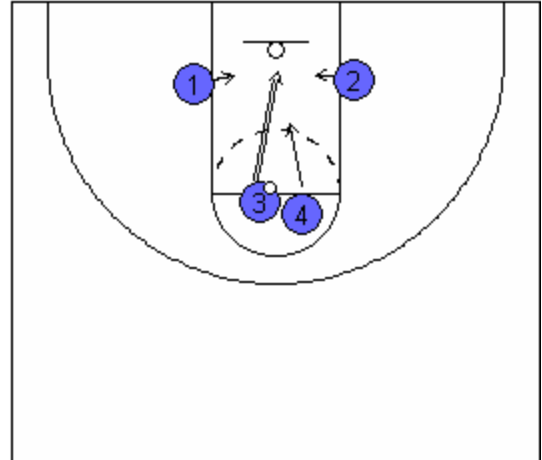
Purpose:

(AG, OP) This drill emphasizes grabbing an offensive rebound at the highest point and finishing strong with a put back.

Instructions:

1. Start with one player at the left block, one player at the right block and one player at the top of the key. Any additional players are to line up behind Player 3 at the top of the key.
2. Player 3 shoots the ball and Players 1, 2, and 4 all fight for the rebound.
3. The player that gets the rebound fights to put the ball in the basket. This goes on until one player makes a basket.
4. After a basket is made, all players rotate counterclockwise and a new player steps in at the top of the key.

Player 3 rotates to the right block and player 4 becomes the shooter. Player 1 becomes the rebounder at the free throw line. Player 2 rotates to the left block.



Teaching Tips:

- Players need to be reminded to be aggressive when attempting the rebound.

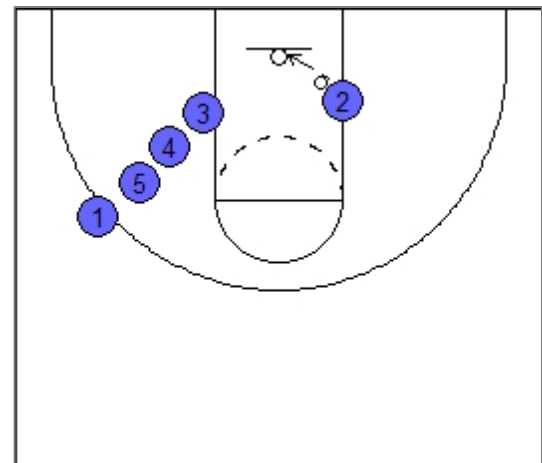
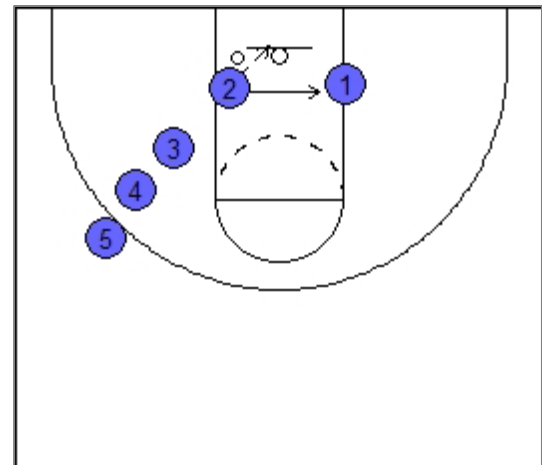
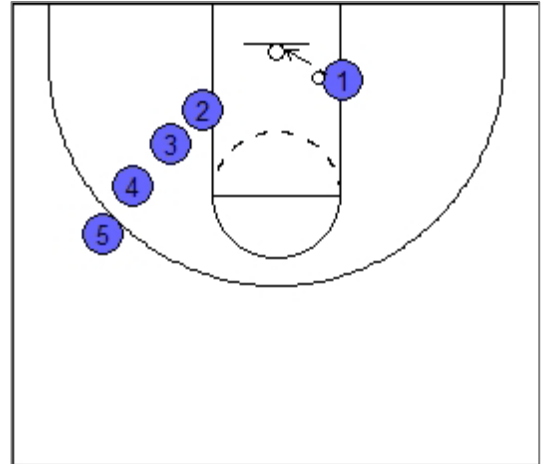
Across the Basket

Purpose:

(TH, T, CA) This drill emphasizes both hand eye coordination and explosiveness.

Instructions:

1. Form a line of players on the left side of the basket halfway up the lane.
2. The first player goes to the right side of the basket.
3. The second player stays on the left side.
4. Player 1 tosses the ball high off of the backboard for Player 2 to catch.
5. Player 2 throws the ball off of the backboard, tips it five times **WITHOUT** the ball touching the floor and then passes it back to Player 1.
6. Player 1 goes to the end of the line and Player 2 moves to the right side of the basket.
7. The drill starts again with Player 3 as the tipper.



Teaching Tips:

- Depending on the skill level, players can be allowed to catch the ball and come down with it before they pass the ball back.

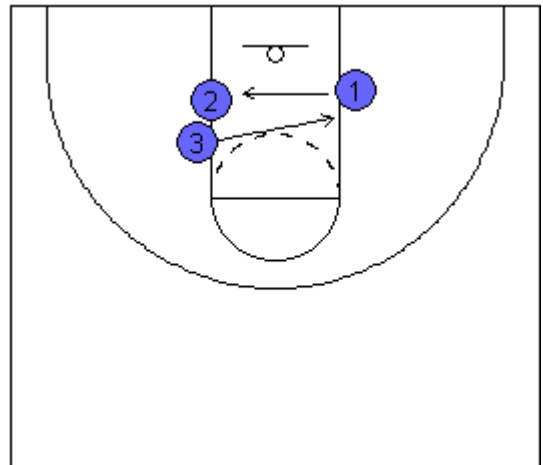
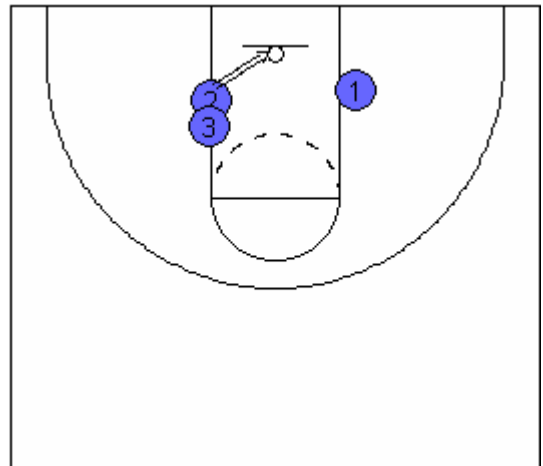
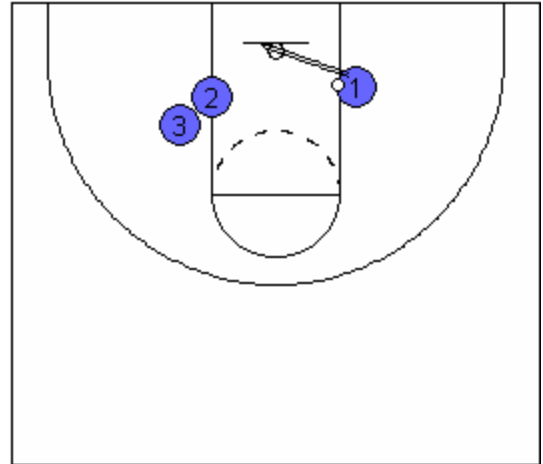
Laker Rebounding

Purpose:

(TH, OP) This drill stresses securing a rebound and putting the ball back in the basket with pressure.

Instructions:

1. Each group has three players and one basketball. Player 1 stands on the right block with a basketball.
2. Player 1 shoots the basketball and misses so the ball falls to the other side of the basket.
3. Players 2 and 3 stand on the other side of the basket with Player 3 standing behind Player 2.
4. Player 2 secures the rebound and puts the ball back into the basket.
5. Player 3 pressures the shot without fouling.
6. After each shot, the players rotate. The shooter becomes the rebounder, the rebounder becomes the pressurer, and the pressurer becomes the shooter.



Teaching Tips:

- Encourage players to practice using pump fakes as well as pivot moves when putting the ball back in the basket.

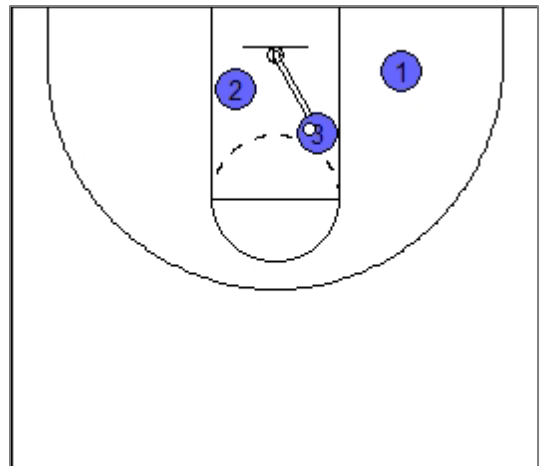
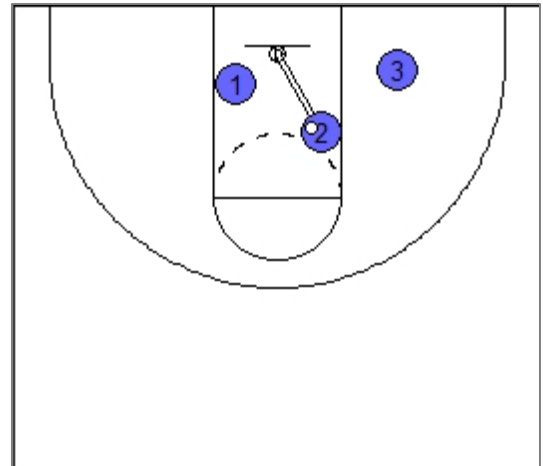
Rebound Machine

Purpose:

(TH, SC, T, OP) This drill will improve timing when jumping for rebounds and teach players to keep the ball above their head for put-backs.

Instructions:

1. Three players and a ball should be located as shown in the top diagram on the right.
2. Have the player with the ball throw up a missed shot so that the rebounder can get the rebound.
3. The rebounder should go up with two feet and arms extended and either tip the ball back in or catch it and make a lay up on the other side of the hoop.
4. The players will then rotate clockwise and start the drill all over again.



Teaching Tips:

Continually tell your players to:

- Go up strong with both feet to grab the rebound.
- Make sure that the player is under control before (S)he goes back up for the lay up.
- Use the rim to shield their lay up from getting blocked.
- Keep the ball above their head.
- Use their wrist and fingertips to propel the ball towards the rim while executing a tip.

A general rule of thumb when doing this drill is: the younger the player, the more likely it is that a lay up should be used instead of a tip. The tip is much easier for a taller, stronger individual because (s)he is already closer to the basket because of height, and has more strength in his/her wrists and fingertips.

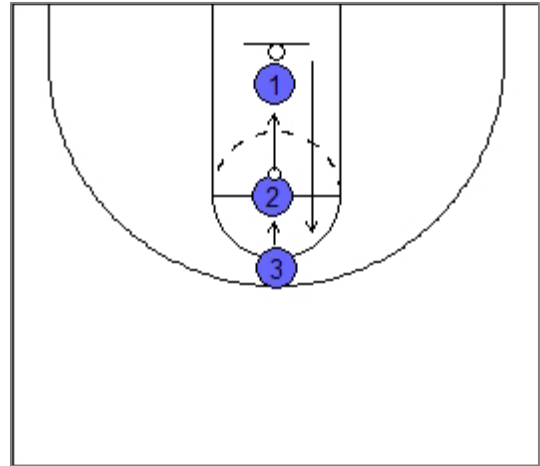
Offensive Tips

Purpose:

(TH, T) This drill helps players to develop the skill of tipping the ball into the basket.

Instructions:

1. Form a line at the foul line. Groups of three work best.
2. The first player stands in front of the rim while the second player shoots the ball from the foul line.
3. Player 1 attempts to explosively jump and tip in the missed shot before his or her feet touch the ground. The ball can be tipped as many times as needed, as long as the player's feet do not touch the ground.
4. Once the tip is made or missed, Player 1 goes to the end of the line. Player 2 goes to the front of the rim and Player 3 becomes the new shooter.



Teaching Tips:

- Stress to players that this is a very difficult drill and that they should not become frustrated by it.

Aggression Drills

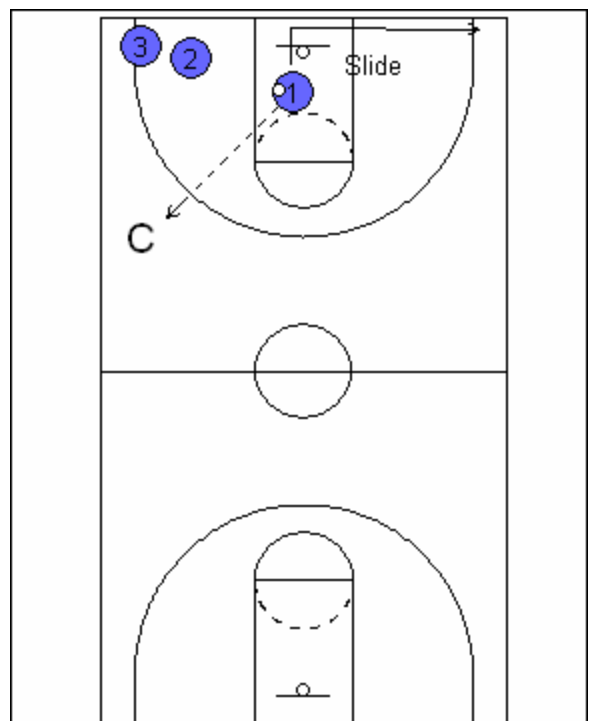
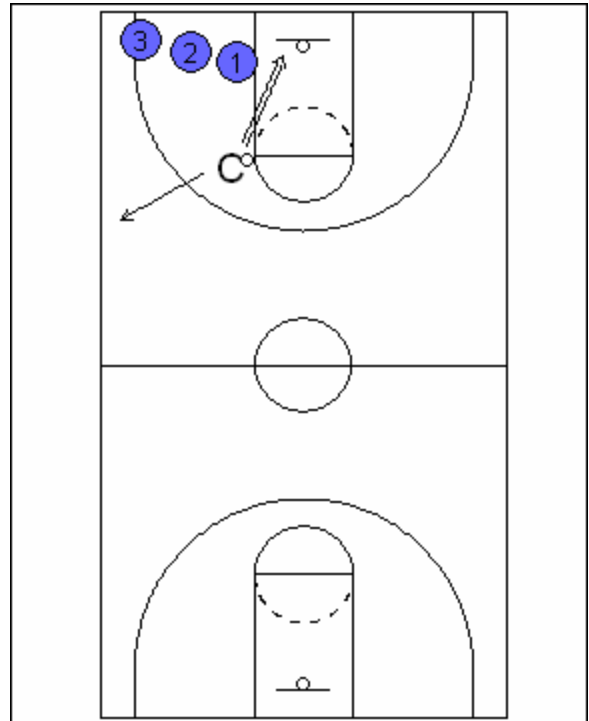
Hustle Drill

Purpose:

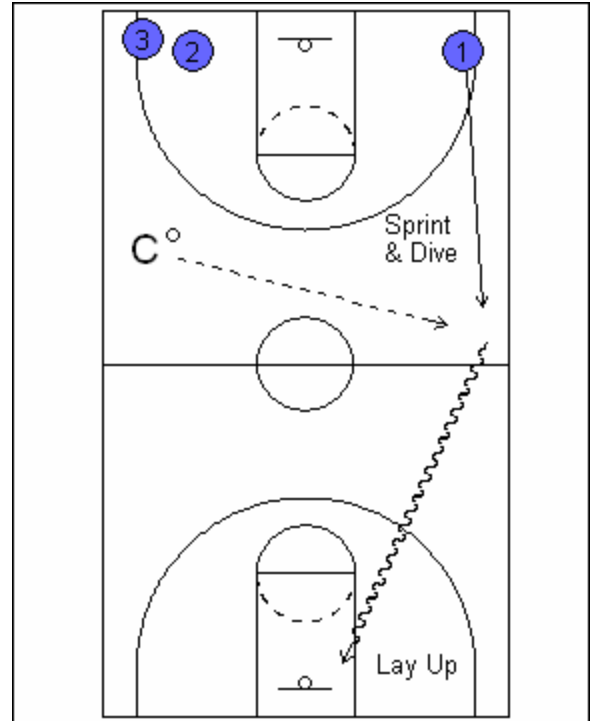
(AG) This drill stresses securing the rebound, correct defensive footwork and putting forth the effort necessary to retrieve a loose ball.

Instructions:

1. All players line up on the baseline beneath the left side of the basket.
2. The coach throws the ball off of the backboard for the first player to rebound.
3. After they rebound, Player 1 pivots, outlets the ball back to the coach and sprints to the baseline.
4. Player 1 then does a defensive slide to the opposite side of the court.



- When Player 1 reaches the end line, he sprints to half-court.
- At half-court, the player dives for a loose ball rolled by the coach or manager, picks up the ball and completes a lay-up on the other end.



Teaching Tips:

- Encourage players to chin the rebound, stay low on their slides and hustle to the loose ball. Stress the importance of getting to their feet as soon as possible.

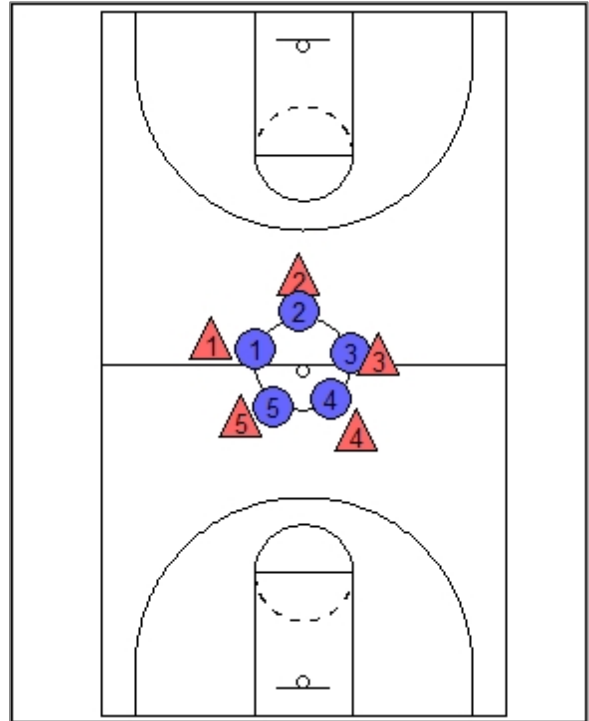
Fight For It!

Purpose:

(BX, AG) This drill emphasizes the use of proper box out techniques to maintain the inside position for the rebound, as well as the aggressive pursuit of the ball.

Instructions:

1. Divide the team into two groups of five. Give one team jerseys to wear.
2. Have one team stand on the center circle, facing the middle. The other team stands behind them.
3. Set the ball in the middle of the circle.
4. On the whistle, the team on the outside attempts to get into the middle to retrieve the ball.
5. The team on the inside must box out the opposing team to keep them from getting to the basketball.



Teaching Tips:

- This is a rough drill, emphasize to players not to take it too far. Keep track of how many times each team gets the ball and offer discipline.
- Do NOT allow diving.

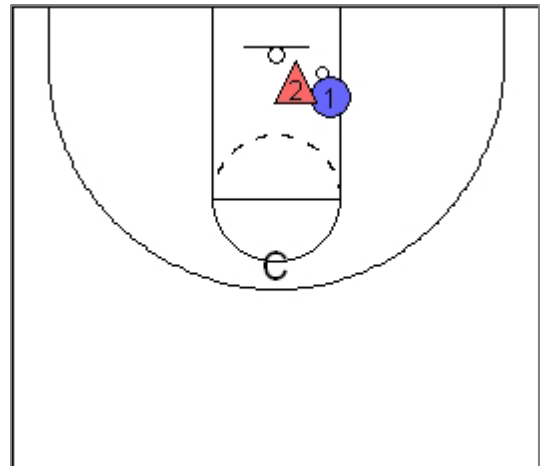
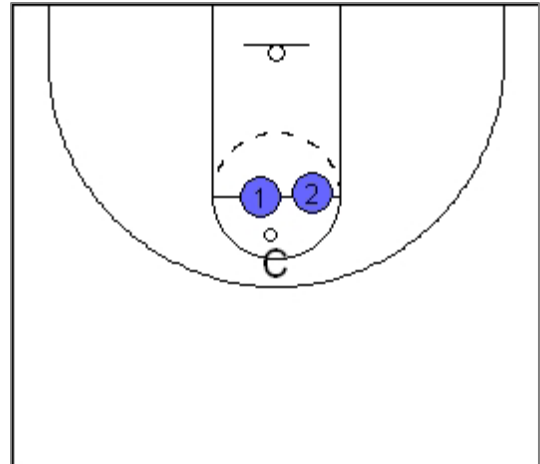
Stand Up

Purpose:

(AG) This drill emphasizes aggressiveness, hustle and explosiveness.

Instructions:

1. Two players lay on their backs on the foul line, facing the 3-point line.
2. The coach stands on the foul line and attempts a shot. The two players must rush to stand up and catch the ball before it hits the floor.
3. The player that gets the rebound tries to score while the other player plays defense. This continues until a player scores.
4. The player that scores goes to the end of the line. A new player comes on to replace them.



Teaching Tips:

- Keep track of how many baskets each player makes and provide rewards and consequences.

Hurry Up!

Purpose:

(AG, CA) This drill emphasizes explosiveness, hustle and tracking a shot that has been missed.

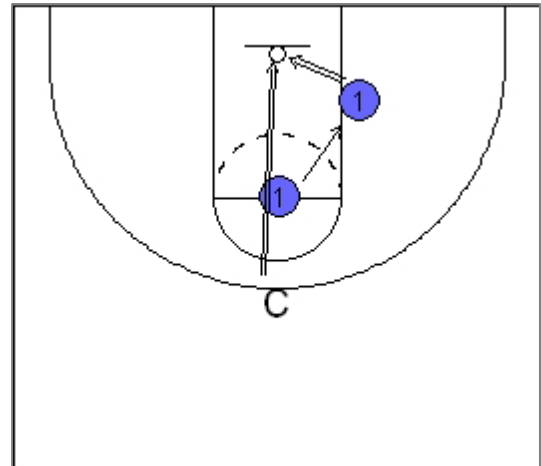
Instructions:

1. One player lies face down at the foul line, facing half court.
2. A coach or player shoots the ball from the 3-point line.
3. On the shot, the player hustles to his or her feet and tries to get the ball before it bounces.
4. The player must then shoot the ball from where he or she lands with the rebound.
5. Keep score as follows:

Rebound = 1 point

Put back = 1 point

The player with the most points is rewarded.



Teaching Tip:

- Make sure that players are rebounding the ball with two hands.

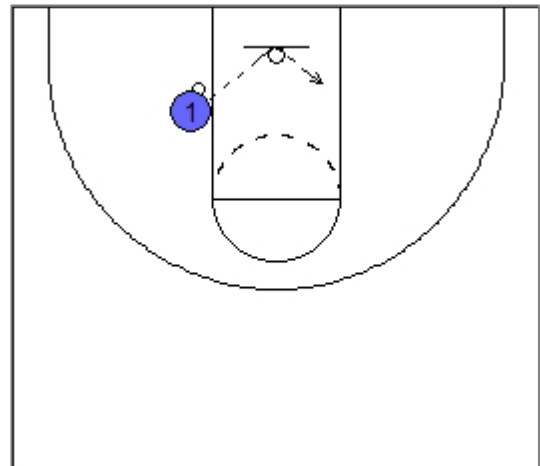
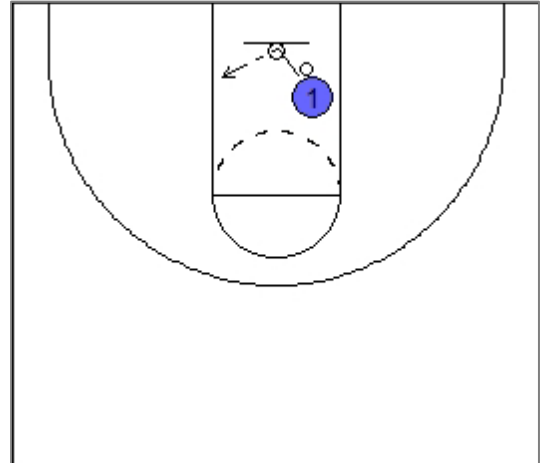
Minute Rebounding

Purpose:

(AG, CA, TH, SC) This one person drill is great for teaching players to rebound “out of their area” and get more aggressive in their pursuit of the ball. It also teaches proper form on rebounds and improves conditioning for the athletes.

Instructions:

1. Start with one person under the basket.
2. The player throws the ball high over the rim to the other corner of the backboard.
3. The player must race to the other side of the lane and catch the ball before it touches the floor. The ball must be caught outside of the lane. Vary distance based on the age of the player.
4. The player then tosses the ball over the rim to the other side of the backboard and continues to catch the ball. The drill continues for 1 minute.



Teaching Tips:

- Make sure each player uses proper form when catching and securing the ball. Don't let them get sloppy in this drill.
- Make sure each player aggressively pursues the ball. This drill should teach players to rebound out of their area and build aggression.
- Keep knees bent and maintain a wide base. This will allow players to move quicker and cover more ground.

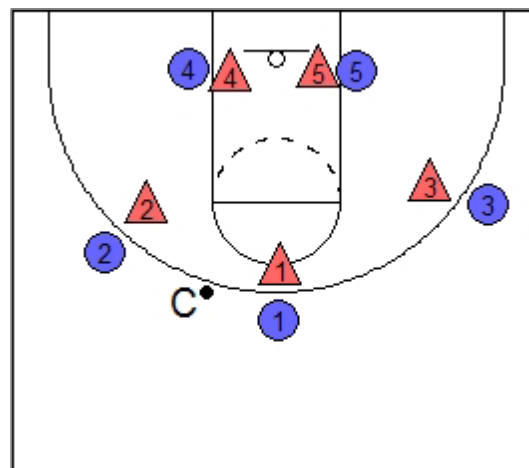
War Drill

Purpose:

(AG, BX, OP, SC, CA, T, TH, BB) This drill improves offensive rebounding, defensive rebounding, boxing out, and aggression. Some coaches like to run this drill every day to improve their teams toughness.

Instructions:

1. The drill begins with five players playing defense in the paint and five offensive players spread out on the perimeter.
2. The coach shoots the ball. On the shot, the defensive players find a person to put a body on and the offensive players attempt to get the offensive rebound.
3. If the offensive player gets the rebound, he or she then looks to score. If the defense retrieves the rebound, the drill starts over. If the offense seems to be taking too long to shoot, or if someone yells "set it up", start over with the coach taking another shot.



Alternately, if the defense gets the rebound, they immediately look for the outlet pass and run your fast break. Once they get the ball up the floor, they too can go for offensive rebounds off a missed shot. Once the defense gets the rebound, the drill is over. Reset and the coach takes another shot to start the drill.

Rules and Tips:

Rebound everything, including made shots. Go after every loose ball, even if it is out-of-bounds (there is no out-of-bounds in this drill). Allow a certain amount of physical play... this is "war". Let it be aggressive and physical, but keep it under control so that no tempers flare and no one gets injured. Make sure the defensive players are using good boxing-out technique. Do not allow flagrant pushing or holding. Call a foul if this happens, and then reset again.

Keep track of points:

Defensive rebound = 1 point

Offensive rebound = 2 points

Basket = 1 point

Steal = 1 point

Turnover or foul = Subtract 1 point (don't call too many fouls, let them play as much as you can).

You can run the drill for 10 minutes, giving each team 5-minutes on defense and 5-minutes on offense. Or you can play to a score of 15. Losers run.

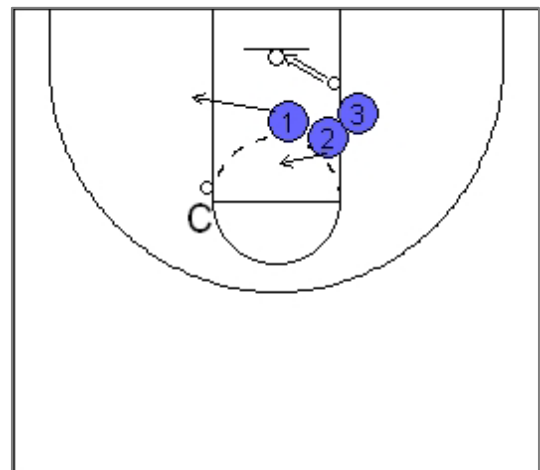
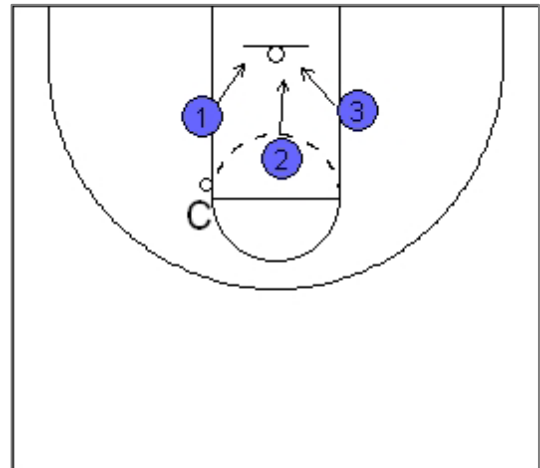
30-Second Rebounding

Purpose:

(AG, CA, TH, BX) This physical drill stresses following the flight of the ball and reaching the ball at the highest point.

Instructions:

1. Three players stand under the basket and wait for the coach to shoot from 10 feet away.
2. All three players fight for the rebound.
3. The player that gets the rebound either puts the ball back into the basket or passes the ball out to the coach.
4. After each made basket or kick-out pass, the players sprint back to their spots for the next rebound, attempting to get as many rebounds as possible in 30 seconds.



Teaching Tips:

- Remind players to start with a wide base and keep their hands up and stress the importance of the offense following the flight of the ball, grabbing the rebound with two hands and landing with a wide base.

Defensive Rebounding

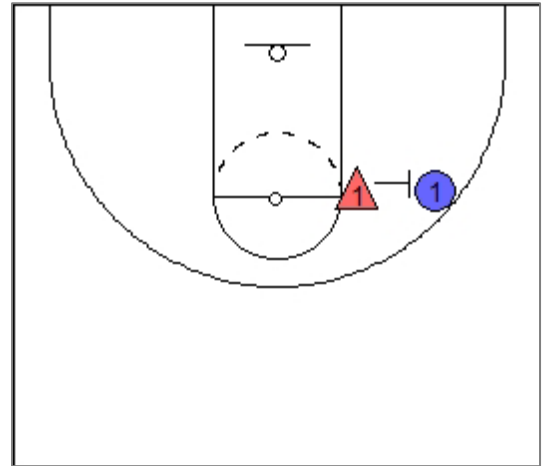
1-on-1 Box Out

Purpose:

(BX, Y) This drill works great to improve players' footwork for blocking out and also teaches players to maintain contact while blocking out.

Instructions:

1. Player 1 is facing Player 2. About 2 to 3 feet of separation is appropriate.
2. A Ball is placed about 5 to 10 feet behind Player 1.
3. On either the whistle or when you say go. Player 1 will try to keep Player 2 from getting the ball for 3 seconds.



Teaching Tips:

- When blocking out, make sure player 1 takes his left foot and steps across his body to put it on the outside of player 2's foot. (Outside of Player 2's left foot). Then Player 1, does a drop-step with his right foot to maintain to create full contact while blocking out. (Player 1's right foot should be outside of Player 2's right foot)
- Make sure the player stays low and wide. Player 1's feet should be wider apart than Player 2. He should stick both his elbows straight out (BUT DO NOT SWING ELBOWS). The arms should stay in a stationary position.
- Player 1 needs to slide his feet to maintain contact with Player 2.
- If the defensive player does not keep the player away from the ball for 3 seconds, have the defensive player either do push-ups, sit-ups, or run.
- While doing this drill make sure that offensive player DOES NOT DIVE!!!!!!

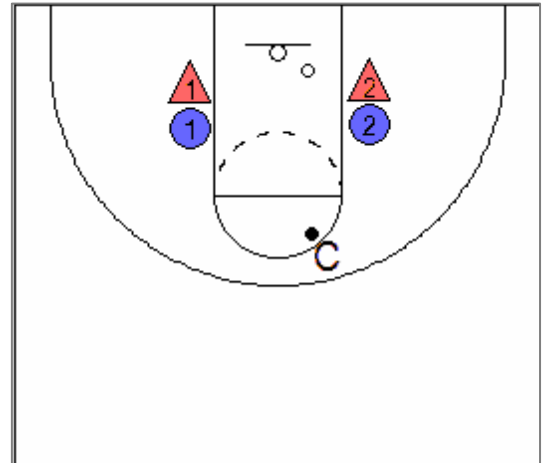
Two-on-Two

Purpose:

(BX, AG, BB) Teaches boxing out for rebounding. Can also teach beating the box out and aggression.

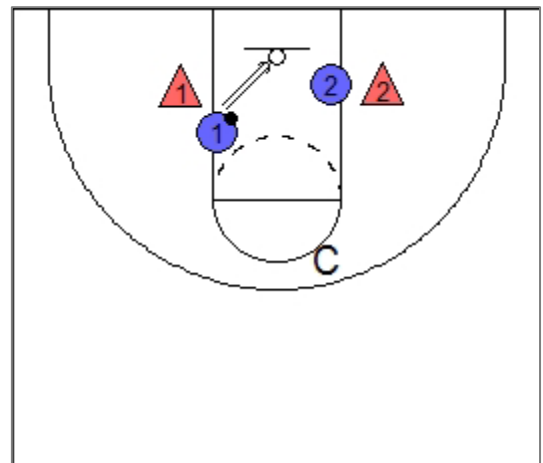
Instructions:

1. Offensive and defensive player on each side of the lane.

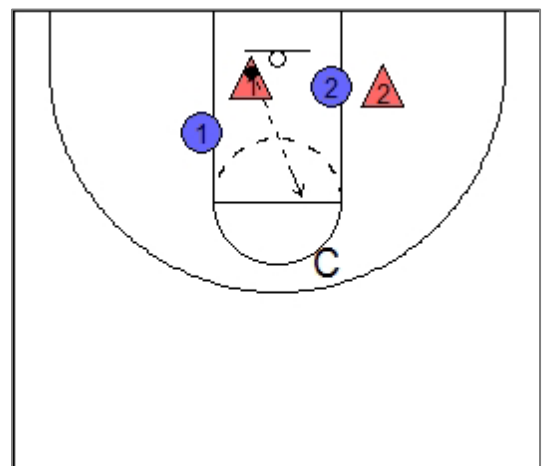


2. The coach throws up the ball, defense blocks out, offense goes after the rebound.

3. If the offense gets rebound, they try to score.



4. If the defense rebounds, they pass the ball out to the coach.



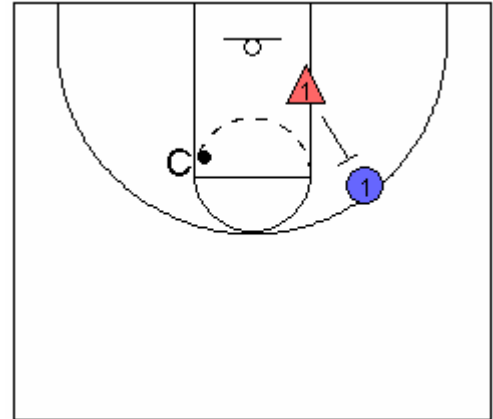
1 on 1 Fundamentals

Purpose:

(BX, BB, TH, SC, OT, OP) This simple drill is intended to allow you to introduce and teach ALL the basic rebounding skills. It's a non-competitive drill that make it easy to teach new skills.

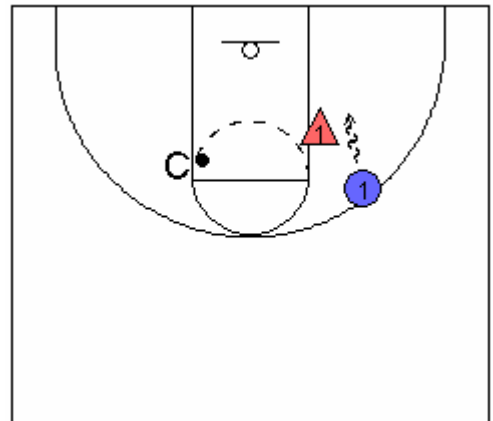
Instructions for Box Out:

1. For this drill, you simply have one defensive player, one offensive player, and the coach with the ball.
2. The offensive player plays soft and goes at about 25% speed.
3. The coach shoots the ball. The defensive player boxes out, attacks the ball, secures (chins) the ball, and outlets back to the coach.
4. Repeat.



Instructions for Beating the Box Out:

1. This is a variation to work on offensive rebounding. It works nearly the same. The main difference is the task for the players.
2. As before, you have one defensive player, one offensive player, and the coach with the ball.
3. This time the defensive player plays soft and goes at about 25% speed.
4. The coach shoots the ball. The defensive player boxes out lightly. Then the offensive player does a spin move to get position (get beside or in front of the defense) and then go for the ball.
5. Once the offensive player secures the ball, they outlet to the coach and repeat.
6. When each player learns the spin move, you can add the swim move and the phantom block out. You can follow the exact same sequence as above, just replacing the spin move with a new move.



Teaching Tips:

- This drill is meant to teach new skills and get players comfortable with the new skill. It should be non-competitive and the extra player should not be too aggressive. They are supposed to help their teammate learn the skill.
- Be sure to focus on the details of each skill. This is where you get reps and make sure the players are performing the skills properly. See the Rebounding Fundamentals section of our accompanied eBook to learn the details of each skill.

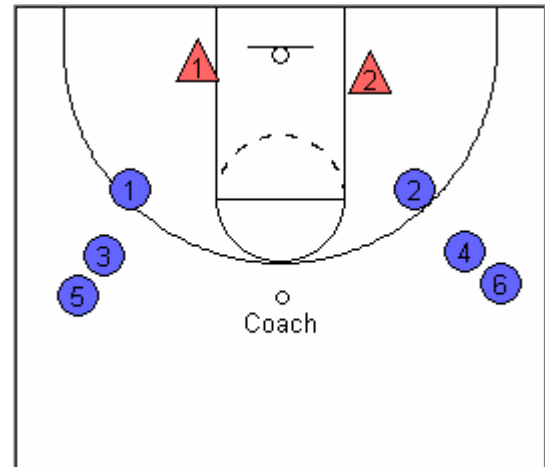
Two-on-Two Box Out

Purpose:

(AG, BX, BB, T, TH, SC) This rebounding drill is great for encouraging aggressive behavior, both from an offensive and defensive perspective. It is a competitive drill, so it also has an element of challenge and fun.

Instructions:

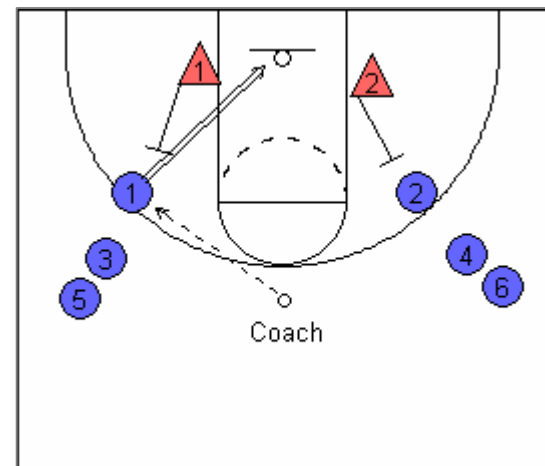
1. Position two defensive players at the low blocks and lines of offensive players at the wings, free-throw line extended. Have a coach with a ball above the top of the key.



2. The coach will pass to one wing or the other, and that player will shoot. Meanwhile, the defenders will close on their men and box out.

The ball is live until someone “rebounds” it. Even if the shot goes in, it is still live. There is no out of bounds.

The defensive team stays on defense as long as they get the rebound. Offensive players become defensive if they get the “rebound”. Otherwise, they go to the back of the wing line.



Teaching Tips:

- Since there is no out-of-bounds, make sure to establish safety guidelines relevant to the physical hazards present in your practice setting.
- Inform players that getting rebounds must conform to normal rules. In other words, without traveling violations, pushing, tripping, etc. You don't want people diving all over the place risking injury. You might even want to ban diving after rebounds.

Circle Challenge

Purpose:

(BX, Y) This is a fun drill that provides practice in establishing and maintaining a strong box-out and post-up stance. This drill also promotes the aggressiveness needed for effective boxing out and posting up and can be used to add some motivation to practice routines.

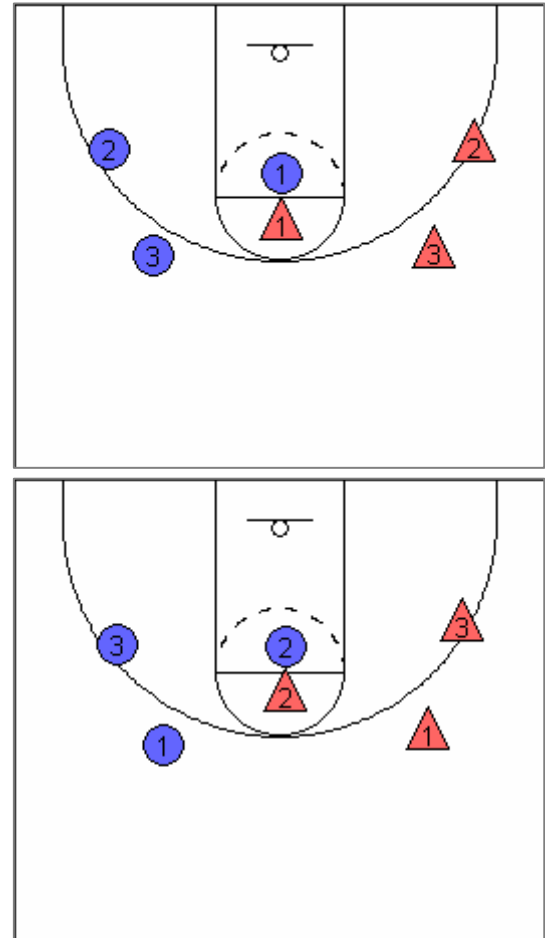
Instructions:

1. Position two size-matched players back-to-back in the circle. Have another two size-matched pairs waiting their turn, observing and encouraging.

On the coach's signal, the back-to-back players try to push each other out of the circle, using their box-out and post-up stances.

The player who manages to push the other out of the circle is the winner.

2. After the round, the next two size-matched players step into the circle for a turn. Players from the original pair go to the back of their respective lines.
3. Rotate through three times.



Teaching Tips:

Remind your players to....

- Keep their legs about shoulder-width apart, their knees bent, and their backs straight to establish a low center of gravity.
- Raise their arms so that their hands are about shoulder-height and positioned just outside and a little forward of each shoulder.

- Use the phrase “Pull the chair” to remind players of the effective arm technique for boxing out and posting up.
- Encourage players to use their butts as the power point. Adjust your language according to the age of your players and how well you know them. You can have fun with this, but know your audience.
- Expect some players to be a little shy about this drill at first. Start with players who will not be shy in order to establish a good momentum and atmosphere for the drill.

Variations:

- Structure the drill so that the winner stays in the circle. In this case, try to have size-matched groups stationed at the circle, and try to keep four players at a particular circle so that there is not too much waiting.
- You can also open this drill up to include your whole team, regardless of size. This would provide practice in dealing with real game mismatches. Plus, some relatively small players have the technique and strength to push bigger players around.

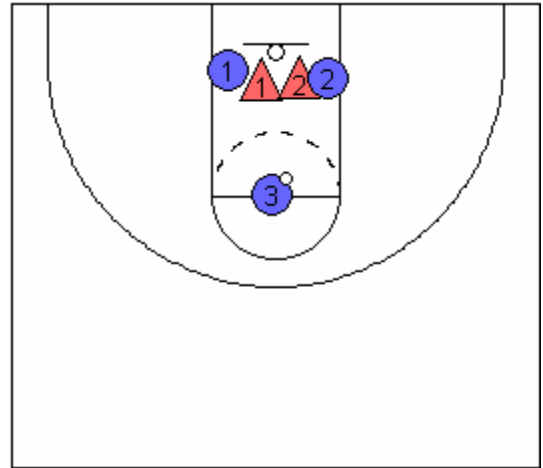
Numbers Game

Purpose:

(Y, TH, BX, BB) This drill is designed to teach a player to find his/her responsibility and box him/her out. Proper boxing out will result in a lot of one-and-done for the opposing team, which will make it very hard for them to beat you.

Instructions:

1. Divide your squad into two teams of five. Send one to one end of the court and the second team to the other end.
2. Have the players set up as shown in the diagram. The players on offense will have ten seconds to get open.
3. If one (or both) of these players get open, the player at the free throw line can pass the ball to them. If the offense scores a basket, they get a point.
4. If the offense doesn't get open in ten seconds, the player at the free throw line will throw up a missed shot, and the players will then go for the rebound.
5. The defense should be finding their responsibility and blocking him/her out. The offense will raise one arm and hold up a number of fingers.
6. Whichever team gets the rebound will be rewarded with a point. The defense will be awarded with a point if they can both tell how many fingers their responsibility was holding up.
7. Players will run this drill until each has been on offense and defense three times.



Teaching Tips:

If you would rather be the one passing the ball and shooting it after ten seconds, feel free to do so. Just make sure you're splitting your team up into groups of four and not five.

Continually tell your players to:

- Get in proper rebounding position.
- Put a hand in the passing lane so the passer cannot get an open lane to pass the ball.
- Go up for the rebound with two feet and arms extended.

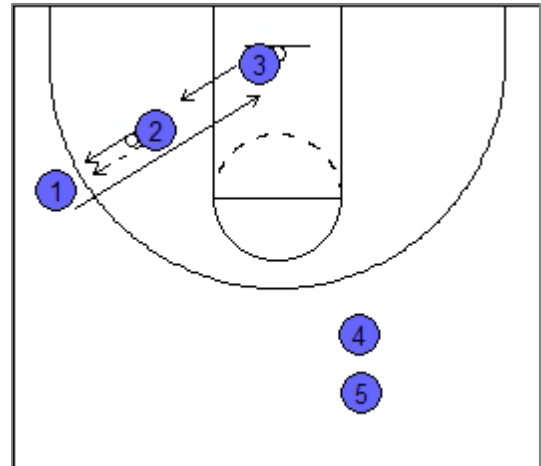
3 Person Shooting

Purpose:

(BX) This is a multi-dimensional drill that focuses on proper shooting technique, proper defensive position on closeouts and proper box out technique.

Instructions:

1. Players are split up into groups of three. One player is the shooter (Player 1), one is the passer (Player 2) and the last player is the rebounder (Player 3).
2. On the whistle, the passer (Player 2) passes the ball to the shooter (Player 1) and closes out properly on him or her. The passer (Player 2) must also box out the shooter (Player 1).
3. The shooter (Player 1) should attempt to follow his or her shot.
4. After shooting the ball, the shooter becomes the rebounder, the rebounder becomes the passer and the passer becomes the shooter. All three positions rotate after every shot.



Teaching Tips:

- Encourage players to focus on properly closing out and putting a body on the shooter after the shot.

Variations:

- Keep track of how many shots are made to make the drill competitive.
- Have players attack the basket off the dribble.
- Pre-determine the spots from where the shots are taken.

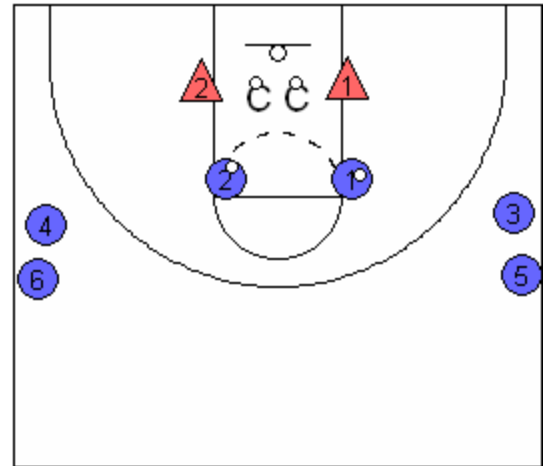
Close, Contest, Board, Outlet

Purpose:

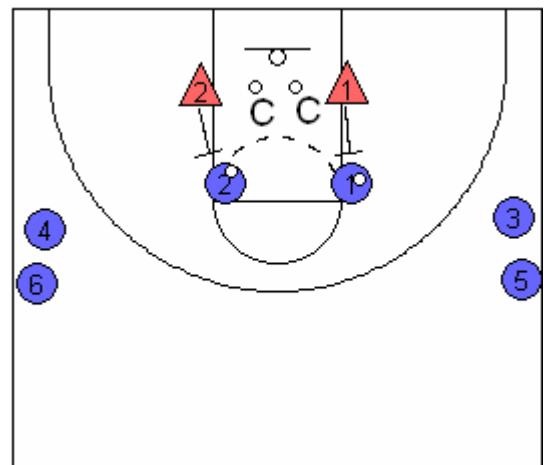
(BX, SC, TH, OT) This drill provides practice in interior defensive, rebounding, and transition skills. Basic correct habits are reinforced, and you can keep several players active simultaneously. Closing under control, contesting shots by jumping straight up, turning and boxing out, rebounding with explosion, and performing an outside pivot to deliver an outlet are specifically addressed.

Instructions:

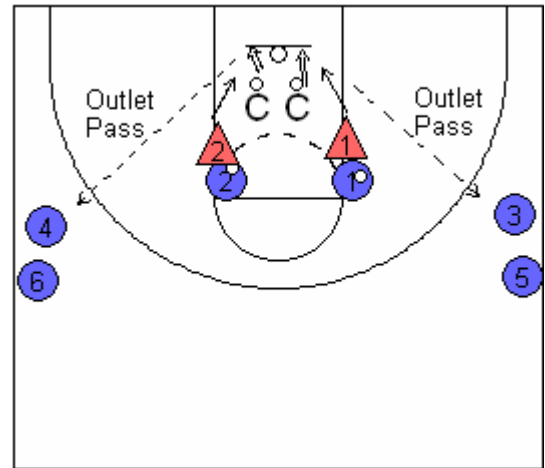
1. Two offensive players, each with a ball, are near the elbows. Two defenders are in the low blocks. Two coaches are in front of the rim about three feet out, each with a ball. Two players occupy the outlet pass positions on each side of the court. Players 5 and 6 are in line.



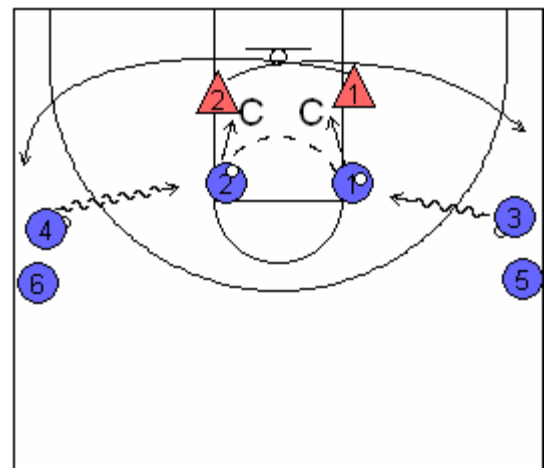
2. The drill begins with the defenders closing on the players at the elbows, who pretend to do a jump shot. The defenders contest the shots. Then, turn and box-out.



3. Then the coaches toss the balls up off the backboard, and the defenders leap to gather the rebounds, using proper form (ball gripped firmly with elbows spread). They forward pivot to the outside and make an outlet pass to the players in outlet position, who are yelling "Outlet, Outlet!"



4. The two fake shooters give their balls to the coaches and head down to the low block as defenders for the next rotation. The outlet players dribble to just inside the elbows as the next fake shooters. The players in line become the new outlet players, and the defenders head to the back of the opposite lines (Notice that they take the long way). Repeat the drill until all players have gone through both sides five times.



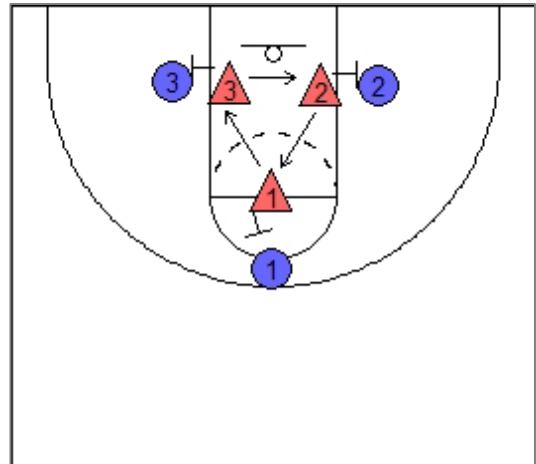
Triangle Rebounding

Purpose:

(BX, SC) This drill stresses correct defensive slide technique as well as finding a person on the move to box out for a defensive rebound.

Instructions:

1. Begin with three defensive players in a triangle formation inside the paint and three offensive players on the perimeter.
2. On the whistle, the three defensive players slide in the same direction, keeping an eye on the ball at all times.
3. When the ball is shot, the three defensive players must find an offensive player and put a body on them in order to prevent them from getting the offensive rebound.
4. After the ball is rebounded, the defense goes to offense and three new players enter the drill as the defense.



Teaching Tips:

- Remind players that they must keep their eyes on the ball at all times and quickly get a body on the offensive player.

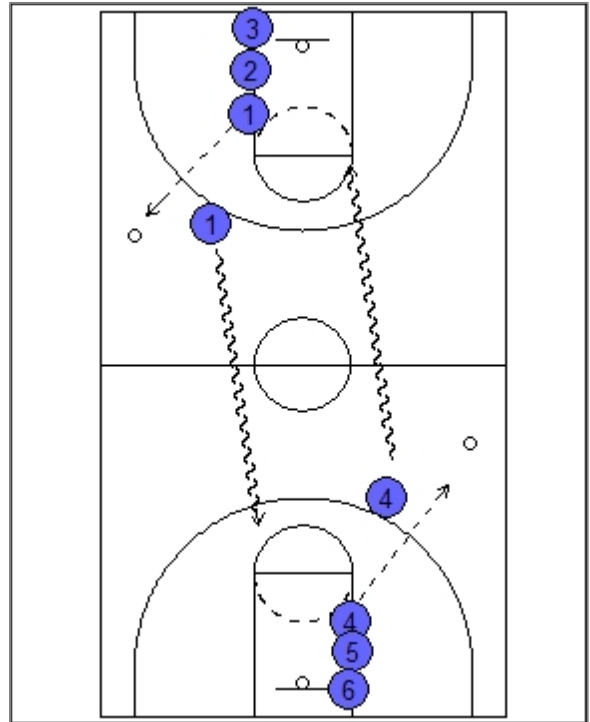
Rebounding Hand-off

Purpose:

(TH, SC, OT) The purpose of this drill is to practice securing a defensive rebound and passing the ball correctly to the outlet position.

Instructions:

1. Players line up on the right block on both ends of the court.
2. The first person in line tosses the ball off of the backboard, secures the ball, pivots to the outside and then passes the ball to a coach or manager in the outlet position.
3. The player then runs to the coach, takes a hand off, dribbles to the other end of the court, attempts a lay-up and goes to the end of the other line.
4. This drill continues for 2 minutes.



Teaching Tips:

- Stress the importance of a strong outlet pass.

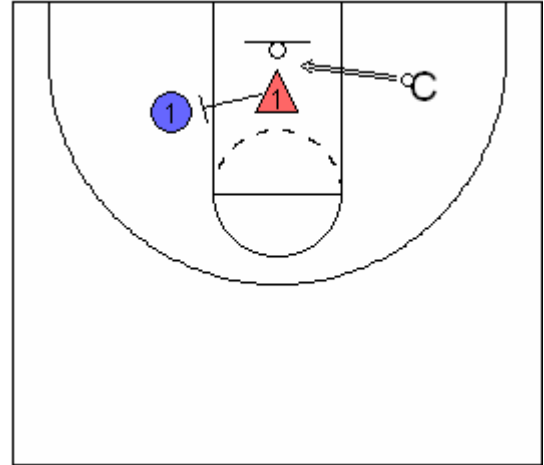
1 on 1 Weak Side Rebounding

Purpose:

(BX, TH, SC) The two player drill is useful for boxing out the offense on a weak side rebound.

Instructions:

1. Player 1 stands in help-side position under the basket while the offensive player stands two-feet off of the left block.
2. A coach or manager shoots the ball from the right wing, missing so the ball falls to the weak-side.
3. On the shot, Player 1 hustles to put a body on offensive player and fights to get the defensive rebound.
4. If offensive player gets the rebound, he or she attempts to score until Player 1 secures the rebound.



Teaching Tips:

- Remind players to hit the offensive player, find the basketball and go get the rebound.

Variations:

- The size of the court may differ depending on the size of the group you are working with.
- Shoot from the opposite side of the court.

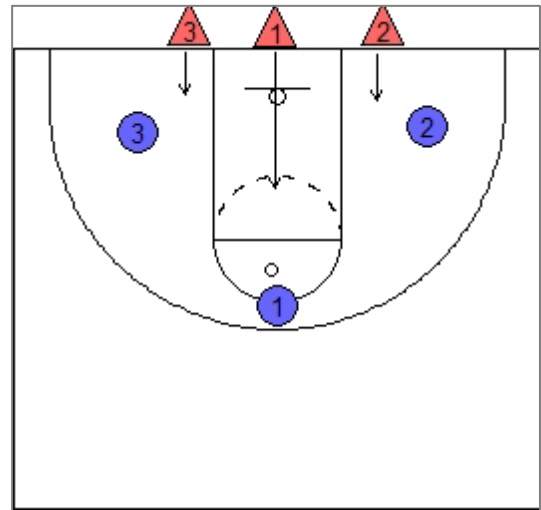
Line Close-out Drill

Purpose:

(BX, AG) This drill stresses correctly closing out on a shooter and putting a body on the offensive rebounding team.

Instructions:

1. This drill involves six players; three on the baseline and three players on the court. The players on the court are positioned on the right baseline, left baseline and at the top of the key.
2. The coach passes the ball from the baseline to a player on the court.
3. On the pass, the three players on the baseline closeout on the three offensive players using correct defensive positioning.
4. The offensive players then pass the ball on the perimeter until the coach yells, "Shoot".
5. The players then fight for the rebound. If the offense rebounds the ball, they put it back in. If the defense rebounds the ball, the drill is over.
6. At the end of the drill the defense goes to offense and the offense goes off the court. A new group of three players enters the drill to play defense.



Teaching Tips:

- Players must remember to closeout low and under control and the defensive players must put a body on the offense.

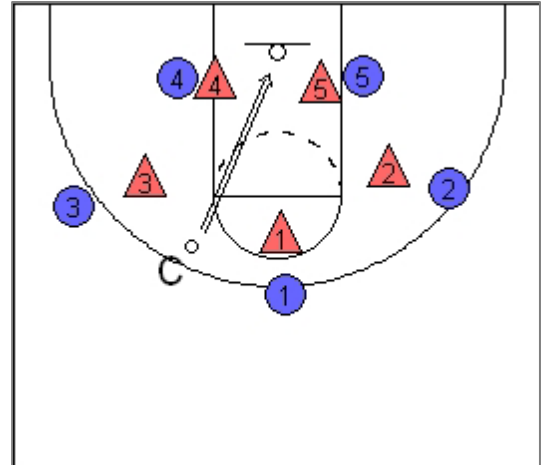
5 on 5 Transition Rebounding

Purpose:

(AG, BX, BB, OP, SC, OT) This drill emphasizes the fact that a good box out and rebound can lead to a transition basket in the other direction.

Instructions:

1. This drill consists of ten players; five in defensive position and five in offensive position.
2. The coach shoots the ball from the perimeter. On the shot, the offensive players go for the rebound and the defensive players must box them out and attempt to retrieve the ball.
3. If the offense gets the rebound, they keep trying to score. If the defense gets the rebound, they outlet the ball and try to score on the other end in transition.
4. If the team does not score in transition the drill stops and the offensive team becomes the defense.



Teaching Tips:

- Stress to players that they cannot get out in transition until the rebound is secured.
- Keep track of points for each team.

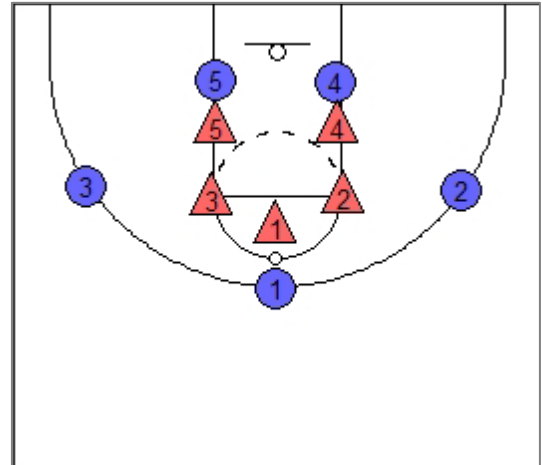
Shell Drill Rebounding

Purpose:

(BX, SC, AG) This drill stresses the importance of transitioning into team defensive rebounding position.

Instructions:

1. Start with 10 players; five on offense and five on defense. The offensive players are set up with two post players and three perimeter players. The five defensive players must match up with the offense.
2. The offense slowly passes the ball around the perimeter as the defense moves on each pass into correct defensive position.
3. On the whistle, the offensive players shoot the ball and the defense must attempt to secure the rebound. If the offense gets the rebound, they continue to try to score. If the defense secures the rebound, the two teams switch offense to defense.



Teaching Tips:

- Remind players that they must see the ball at all times and be in proper defensive position.
- On the shot, the defense must get a body on the offense.

Variations:

- Change the sets for the offense i.e. Four high.

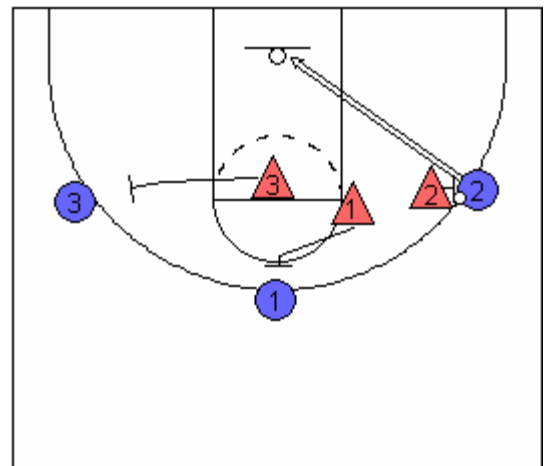
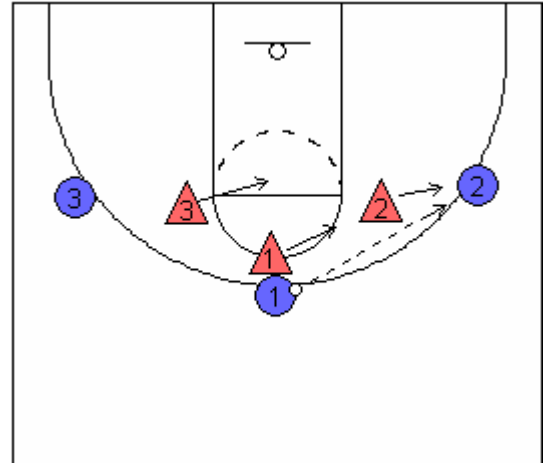
Jump to the Ball Closeouts

Purpose:

(AG, BX, SC) The purpose of this drill is to practice recovering from a help-side position to properly closeout on a perimeter shooter, as well as boxing out the shooter.

Instructions:

1. This drill is done with six players; three on offense and three on defense. The offensive players are at the two foul lines extended and the top of the key. The defense is matched up with the offensive players in proper defensive position.
2. On the pass from the point to the wing, the defensive player must recover and closeout properly, while the two other defenders hustle to help-side position.
3. The player on the wing shoots, and the defensive block out the offensive players.
4. If the offense gets the ball, they try to score. If the defense gets the ball, they go off the court. The offense then becomes the defense and a new group of three players enters the court to play offense.



Teaching Tips:

- Remind players that they must stay in proper help-side position and closeout using strong technique.

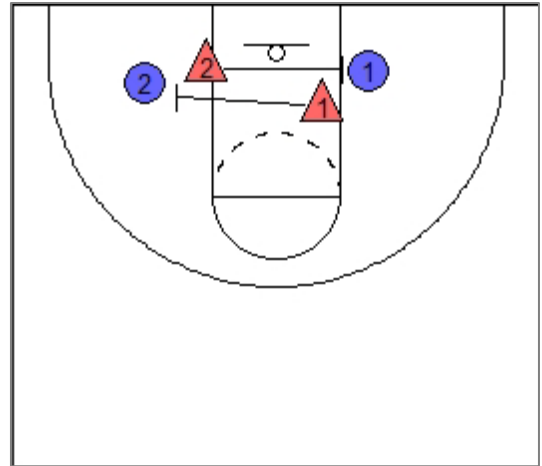
Cross-Box

Purpose:

(BX, AG) This drill works on hustling to get a body on a defender across the paint.

Instructions:

1. This drill is done with 4 players. 2 players on offense and 2 players on defense.
2. Start with an offensive player on the right and left block.
3. The defensive players are between the offensive players and the basket.
4. On the shot, the defensive players sprint to the other block and box out the offensive player on the opposite side. If the offense gets the rebound, they try to score.
5. This drill continues until the defense secures the rebound.



Teaching Tips:

- Stress to players the importance of making contact with the offensive player to slow them down.
- Keep track of the baskets that each team makes.

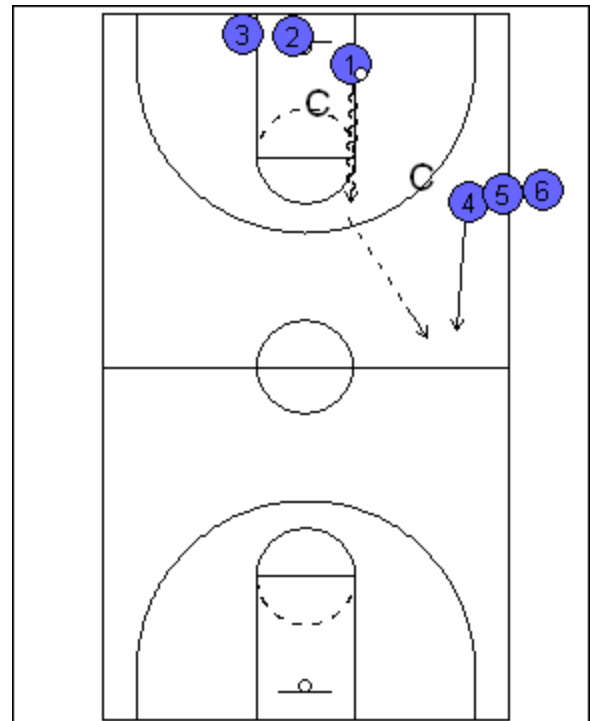
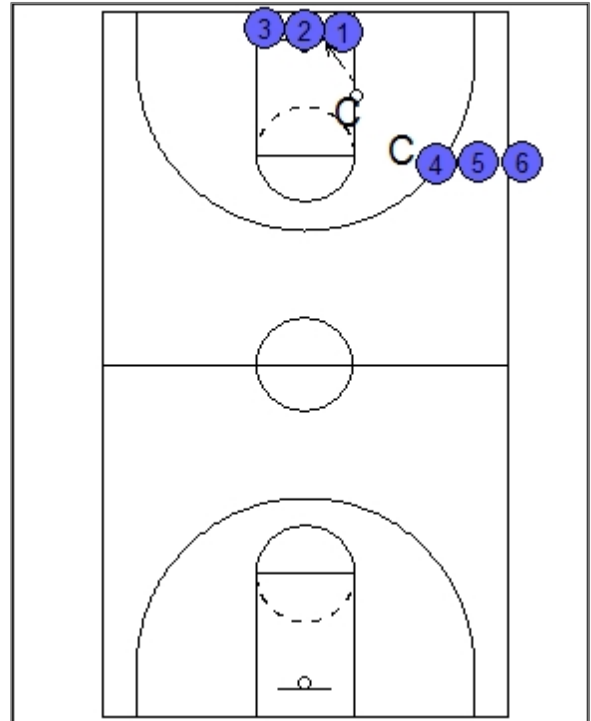
Outlet Under Pressure

Purpose:

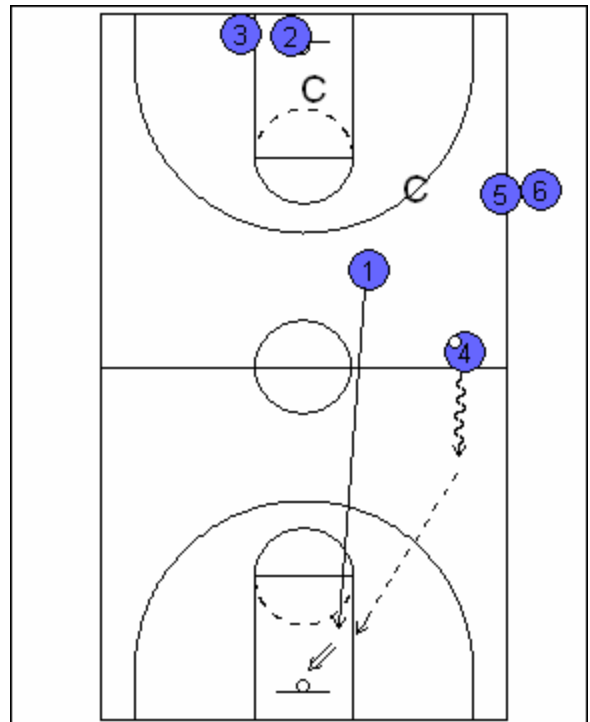
(SC, OT) This drill helps players learn to outlet the ball under pressure.

Instructions:

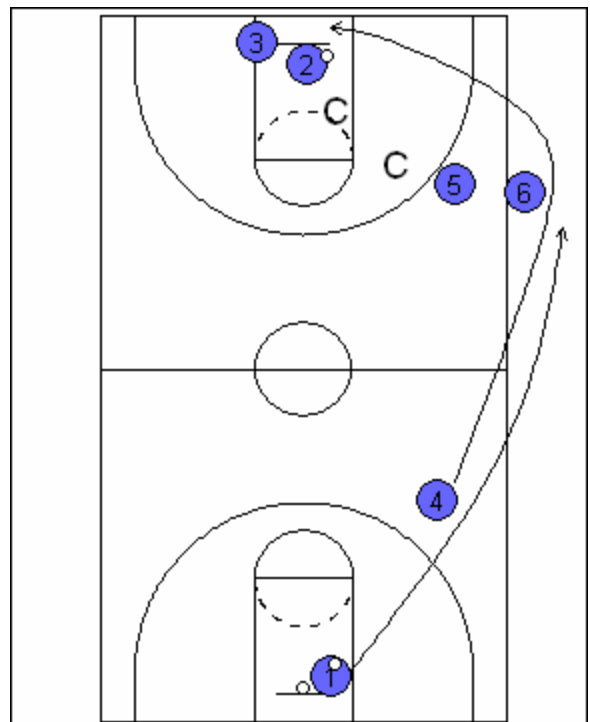
1. Divide the team into 2 lines; one under the basket and the other at the outlet area. One coach stands at the elbow and the other coach or manager stands by the outlet line.
2. The coach at the elbow tosses the ball off of the glass for the first player under the basket to rebound and pivot outside.
3. The two coaches do not allow the outlet pass to be made to the wing.
4. The rebounder must put the ball on the floor for two dribbles and attempt the pass again further down the court.



5. After completing the pass, the rebounder fills the lane and receives a pass from the outlet on the other end for a lay-up.



6. The two players then run to the end of the opposite line as the next two begin the drill.



Teaching Tips:

- Players need to be reminded to keep their heads up and to make a good pass to the outlet player.

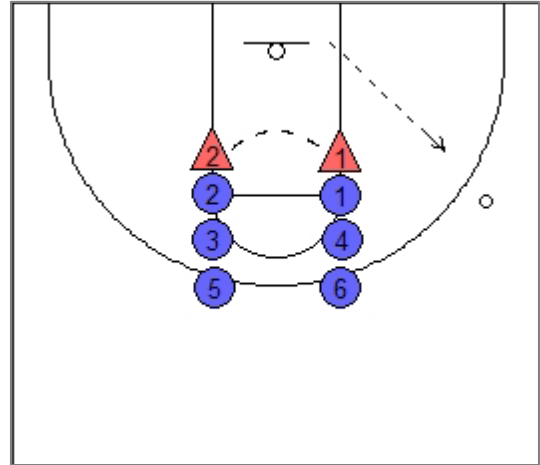
Elbow Rebounding

Purpose:

(BX, TH, SC) This drill focuses on boxing out, grabbing the ball at the highest point and safely outletting the ball.

Instructions:

1. Divide the team into two lines at the foul line elbow. The first two players in each line play defense and the second two players attempt to go after the offensive rebound.
2. The defensive players must box out the offensive players and attempt to grab the rebound and pass the ball to a coach standing at the outlet spot. If the offense gets the rebound, they try to score.
3. After the defense secures the rebound and passes the ball to the outlet, the drill continues with the offense now playing defense on the rebounders 2 on 2 until one team scores.
4. The drill is over when a team scores. The offensive rebounders become the defense and the defensive rebounders go to the end of the line.
5. The drill continues for five minutes.



Teaching Tips:

- Defensive players need to focus on getting a body on the offense and grabbing the ball at the highest point.

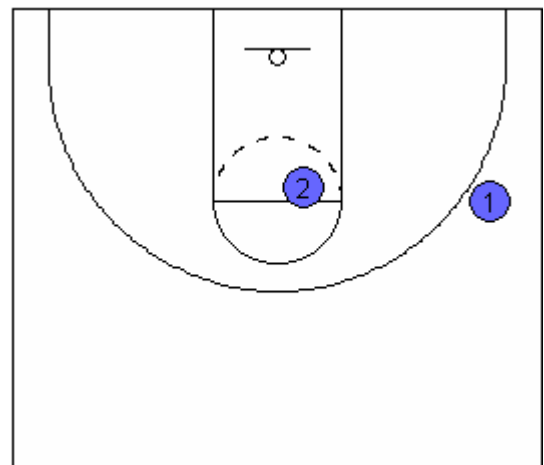
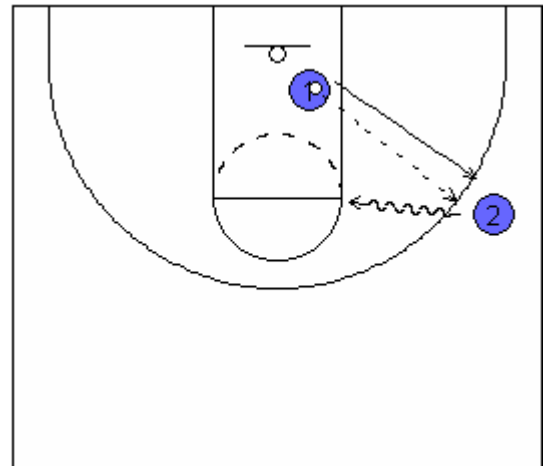
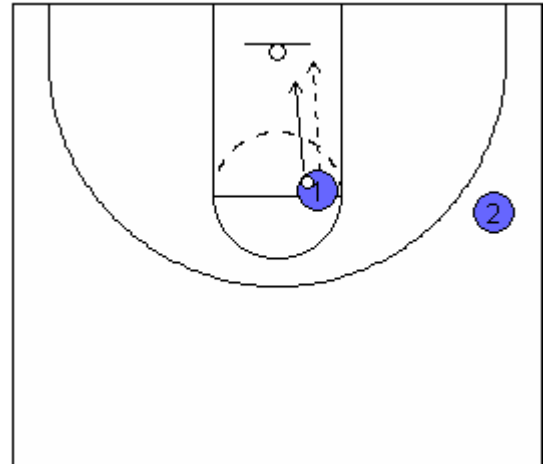
Tip to Yourself Rebounding

Purpose:

(T, TH, OT) This drill focuses on rebounding the ball and outletting it correctly.

Instructions:

1. Player 1 has the ball and stands on the right side of the foul line. Player 2 stands to the right of Player 1.
2. Player 1 softly tosses the ball underhand off of the backboard. Instead of grabbing the rebound with two hands, he or she then tips the ball to a spot where it can be picked up with 2 hands.
3. After securing the rebound, Player 1 turns to the outlet side, passes the ball to Player 2 and then sprints to the outlet side.
4. Player 2 dribbles to the foul line and begins the drill over again by tossing the ball off of the backboard.



Teaching Tips:

- Remind players that they need to tip the ball to a safe place for them to rebound.

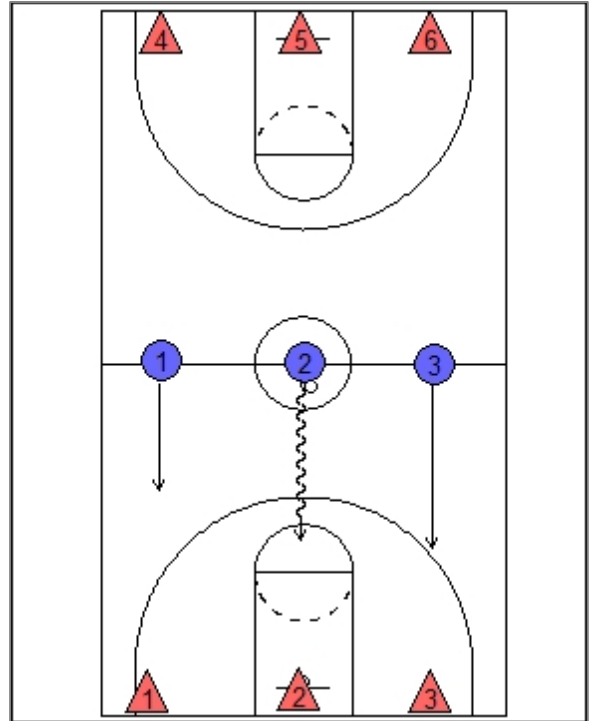
3-on-3-on-3

Purpose:

(AG, BX, BB, TH, SC, OT, CA) This drill emphasizes both defensive and offensive rebounding.

Instructions:

1. Divide the team into three groups of three with one group under each basket and another at half-court.
2. The team with the ball takes it to one end of the court, attempting to score on the defense.
3. If the offense scores, the team goes to the other end of the court and tries to score against the other team. If the defense gets a stop or a rebound, the defensive team gets possession of the ball and takes it down the court to attempt to score against the other team.
4. The drill continues for five minutes, with the scoring or rebounding team gaining possession each time.



Teaching Tips:

- Stress to players that this drill is fast paced and that the quick score or rebound is key.

Variations:

- Use the following scoring system:

Basket = 1 point

Defensive Rebound = 1 point

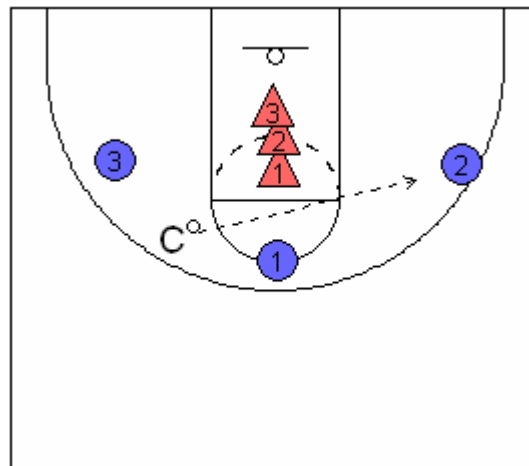
Reaction Rebounding

Purpose:

(BX, CA, SC) This rebounding drill has an interesting twist that nicely simulates game situations. This drill will help your players improve communication, find the opponent, and get them blocked out!

Instructions:

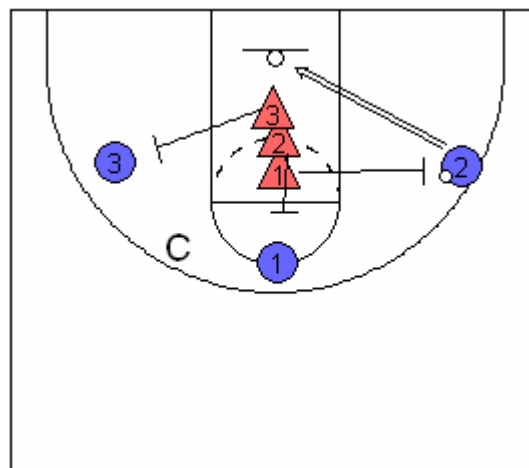
1. Position three offensive players as shown in the diagram.
2. Position three defensive players in the lane. Assign numbers to each defensive player.
3. A coach should have the ball somewhere on the court.
4. The coach passes the ball to one of the perimeter players and calls out a number (1, 2, or 3).



5. The player in the lane, that had their number called, goes to close out/block out the shooter. In this example, Player 1's number is called and the shooter is Offensive Player 2.

The other two players have to identify who they block out. This forces the other two to quickly react and get to one of the other perimeter players. They should then get the ball and secure the rebound.

It takes a couple of times for the kids to get it. But once they do, you'll find they learn to communicate, identify, and quickly scramble to get everyone blocked out. This is a good simulation of what happens in a game.



I'm sure you'll find that this twist really helps your players learn how to find their opponent and consistently put a body on them.

6. Repeat the drill as necessary and give everyone a chance to rebound several times.

Variation:

- You can make the drill competitive by tracking the number of rebounds the offense and defense gets. Award the winner or make the losing team run.